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CANADIAN CAN'T SUE FOR TORTURE, PG 12

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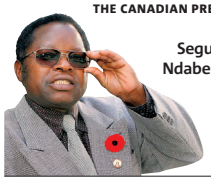
Is it Tuesday yet?
TELUS

Lotto winner won't have to share

COURT He had already won four other lottery prizes — including two $1-million payouts — but Seguro Ndabene appears to have finally hit it really big. His fifth and biggest win of all — $17 million in a Super 7 draw in January — was being disputed after someone else claimed a share of his ticket. But an official with Alberta's Court of Queen's Bench was told yesterday there is no longer anyone else disputing the prize.

THE CANADIAN PRESS



Seguro Ndabene

News on the Move

What's this barcode for?
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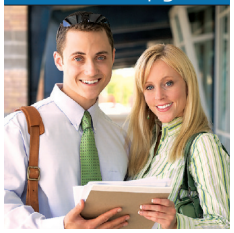
MBA Guide pg 20



MBA can be a big ticket

On the web
Visit metronews.ca for news updates

Toys **Hot for the holidays**

NATHAN DENETTE/THE CANADIAN PRESS

Stefano Ammaturo, 9, keeps focused yesterday while flying a Venus mini helicopter in Toronto during the seventh annual Hot Toys For The Holidays from the Canadian Toy Association.

Boosted clinics

Ontario stepping up efforts to immunize against H1N1

Flu Outbreak

The province is looking to set up vaccination clinics in schools and workplaces after a chaotic start to its mass immunization campaign as cases of H1N1 rapidly increase.

Acknowledging the campaign got off to a bumpy start last week, health officials say the province is stepping up its efforts by calling in retired nurses, opening more than 30 flu assessment centres where sick people can get medical help and doubling the number of mass vaccination clinics so 2.2 million Ontarians will be immunized by week's end.

"It's all hands on deck right now," Ontario chief medical officer of health Dr. Arlene King told a news conference yesterday.

The province will only say "tens of thousands" have been immunized to date. An estimated 2.4 million Ontarians are considered at high risk of complications and are in the priority groups for flu shots, as are healthcare workers.

When the province moves from immunizing priority groups to healthy Ontarians, it is possible vaccines will be offered in places of employment and in schools, King said.

The province has been under pressure to offer the flu shot in more places after mass vaccination clinics last week were overwhelmed with long lines and angry people.

On the web
H1N1 clinics:
- For a complete list of H1N1 flu shot clinics in the city, go to **metronews.ca/local**

TORSTAR NEWS SERVICE
MORE COVERAGE, PAGES 4, 8

Job quality index gets worse, bank report finds

Fewer Canadians are losing their jobs as the recession eases its grip, but the quality of the jobs they do have is deteriorating, according to a report issued yesterday by Canadian Imperial Bank of Commerce.

CIBC says its job quality index — which measures things like wages and part-time versus full-time work — has fallen 3.8 per cent in the last six months.

The decline in the job quality index, ironically, comes in a period when Statistics Canada says the national employment situation showed a slight improvement in recent months.

Part-time employment rose more than 0.2 per cent, while full-time employment fell and self employment surged by three per cent, versus a 0.5 per cent decline in paid employment. Most of the deterioration has been in Western Canada, with British Columbia leading the decline, the bank said.

THE CANADIAN PRESS

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Local

Financial literacy added to curriculum

Ontario students will soon be able to graduate with a little more knowledge to help them navigate the financial world. Education Minister Kathleen Wynne has rolled out a plan to introduce financial literacy into the school curriculum. Starting in September 2011, Grade 4 to 12 students in Ontario will learn how to use and manage money. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

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Tomorrow's Metro

West View

Paul Sullivan brings the West's perspective on Canadian events to Metro's pages

metronews.ca

WHAT'S ONLINE TODAY

Read Q&A with Juanita Castro, sister of the Cuban leader Fidel, on family relationships and world politics at **metronews.ca/world**

Blog MLS MVP nominee Jeff Cunningham joins It's Called Football to discuss his struggles while in Toronto

Lotteries

Ontario Pick 3: 7 7 8;
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These results are not official.

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Insurance changes revealed

Province lowers auto medical coverage to prevent rate increase

Ontario announced yesterday it wants to allow drivers to buy reduced insurance coverage to keep premiums down, a move welcomed by insurance companies but one that lawyers and health care providers warned could see accident victims forced to pay for their own care.

Ontario will lower the minimum medical and rehabilitation coverage for auto insurance to $50,000 from the current $100,000 in an effort to keep rate increases from going even higher, which the opposition parties warned could leave drivers without adequate protection.

"The Ontario basic policy is, in fact, still one of the best in the country."
Finance Minister Dwight Duncan

Motorists could still purchase $100,000 or even $1 million in non-catastrophic medical and rehabilitation benefits if they choose after the proposed changes come into effect next summer, said Finance Minister Dwight Duncan.

"People can lower their premiums based on their choices, but the Ontario basic policy is, in fact, still one of the best in the country," he said.

"We believe that this will hold the line over the next few years on rate of growth in premiums."

Ontario's basic auto insurance package would provide drivers with a $500 deductible, but they would still have the choice of buying a $300 or even a zero deductible. It would also include $200,000 in third-party liability coverage, even though 99 per cent of drivers currently purchase more than that mandatory minimum.

TORSTAR NEWS SERVICE

News in brief

SHOOTING A young man was killed in a Greektown shooting last night. Residents on Gough Avenue, northwest of Pape and Danforth avenues, heard up to eight shots and saw a man collapse on a roadside curb at about 7:50 p.m. Police dogs were called into the area to try and sniff out a suspect, who was last seen calmly walking toward Danforth Avenue after the shooting, according to witnesses.

DRIVETEST Union executives for Ontario's driving examiners have rejected management's "final offer," leaving little hope the DriveTest strike — now in its 11th week — will be settled any time soon.
Both sides met over the weekend for the first time in weeks to hammer out a deal. Neither party would disclose the terms of the offer. Ontarians have been unable to take driving tests since Aug. 21.

TORSTAR NEWS SERVICE

Children's Storefront **End of an era**

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Roona Maloney, executive director of the Children's Storefront, looks on as it is demolished yesterday after it was gutted by fire Saturday. The Storefront, started in 1975, was an Annex drop-in centre for parents and young children. Maloney estimates it will take close to $100,000 to re-open the Storefront at a new location. To do that, the board will be launching a fundraising campaign.

Cops search for Bathurst fire samaritan

INVESTIGATION Toronto police are looking for a 50-year-old woman who woke the residents of a Bathurst Street apartment early Saturday morning, saving the residents as a three-alarm blaze destroyed the building.

According to police, all occupants made it safely out of the building as a result of Marie Speck's actions.

The first to notice the fire, Speck reportedly knocked on the other residents' doors to alert them to the danger.

Witnesses say the fire started in a second-storey apartment and quickly spread to the rest of the building, including a day-care centre on the first floor.

Police would like to thank Speck for what she did, but they can't find her.

TORSTAR NEWS SERVICE

Damage

- The estimated dollar-value damage to the building has not yet been determined, but the Fire Marshall is called in to any fire exceeding $500,000.

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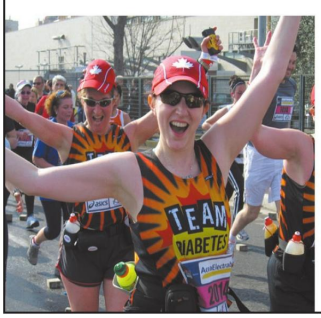

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Shooting could be easily solved: Cops
Police say the fatal shooting of Richard Durant at Tom's Sports Bar and Cafe could be solved "in 10 minutes" with more co-operation from witnesses. TORSTAR NEWS SERVICE

'The most horrific thing'

Family buries son who died from H1N1 virus

Flu Outbreak

Burying a child is "the most horrific thing" for anyone to endure, the father of a 13-year-old boy who died from H1N1 said at his funeral, but he hopes the tragedy will encourage more education about the virus.

Evan Frustaglio, an otherwise healthy teen, died last Monday after complaining of symptoms at a hockey tournament on the weekend.

His father, Paul Frustaglio, said he, his wife Anne-Marie and son Will, 10, have been touched by the outpouring of support and stories from people who have also been affected by the swine flu.

"It truly amazes me that Evan's death has captured a nation trying to find answers to a disease that is currently wearing the face of Evan Frustaglio," his father said during a eulogy for his eldest son.

"We must learn from our loss and all become educated on a disease that took our son's life."

The spectre of the influenza on the minds of people all across the country was present during the funeral as Father Vito Marziliano asked those gathered to eschew the tradition of shaking hands during the sign of peace. In accordance with new H1N1 flu guidelines issued yesterday by the Roman Catholic Archdiocese of Toronto, a nod, bow or other such gesture was encouraged. THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

Mother Anne-Marie, left, father Paul and brother Will watch as the casket of Evan Frustaglio is loaded into a waiting hearse following his funeral in Toronto yesterday.

Swine flu prevention steps common practice: Experts

VACCINE With supplies of H1N1 vaccine slowing to a trickle across the country, some Canadians may be wondering how to stave off infection while they're waiting to get the shot.

Flu Outbreak

Experts say most people already know what to do — follow the common-sense medical practices they've been hearing about since the beginning of the swine flu outbreak.

Doctors say practices such as frequent handwashing, coughing into one's sleeve and disposing of used tissues are more relevant than ever as flu season shifts into high gear. They admit it's not new advice but say it's still effective and should be standard practice. They also say people who do fall ill should take advantage of huge stockpiles of antiviral drugs. THE CANADIAN PRESS

News in brief

GO-KART THEFTS Police are investigating after $100,000 worth of go-karts and equipment was stolen in Uxbridge back in early September. Ten go-karts in total were taken during two break-and-enter incidents from the Goodwood Kartways. Racing suits, generators and other related equipment were also stolen. According to Daniel Dileo, owner of Goodwood Kartways, the thieves broke into the facility by cutting the locks. Go-kart thefts have happened in the past at other tracks, he said, but never in such a coordinated manner, or in such large quantities. TORSTAR NEWS SERVICE

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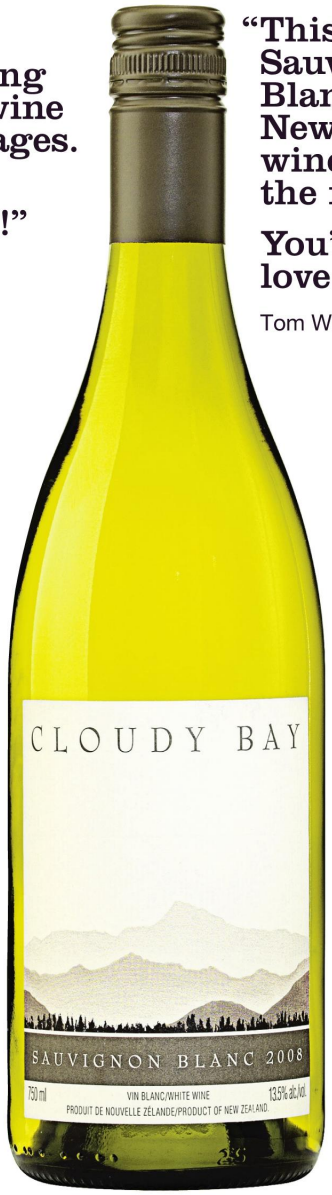

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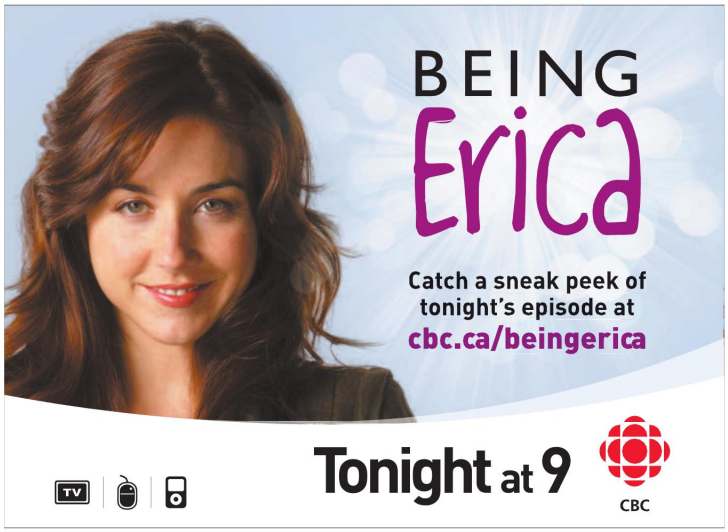
Nine women honoured

Anita Dong, president and partner of McDonnell Haynes Ltd., has been named one of Deloitte's Women of Influence. Nine women from across the country were honoured. METRO NEWS SERVICES



Doctor cleared of false claims

Psychotic disorder cited

A Toronto doctor accused of defrauding OHIP out of $65,000 for non-existent treatments for family members has been found "not criminally responsible" by reason of her mental disorder.

Dr. Susan Burlacoff "had a fixed false belief" that she was providing medical services for members of her family and another woman, Ontario Superior Court Justice Carolyn Horkins said yesterday. As a result, Burlacoff did not know the billings were wrong, Horkins said.

The judge expressed concern that Burlacoff, 53, is continuing to practise medicine at walk-in clinics despite her mental illness.

The next step is a hearing to determine whether Burlacoff is at risk of committing a serious crime in future. It begins Nov. 26.

Medical experts called by the defence, including psychiatrist Dr. Thomas Gutheil, said a psychotic disorder had caused Burlacoff to submit some 2,700 billings for non-existent treatments between 1996 and 2001. She medicalized "kitchen table" conversations with family members, the defence experts said.

TORSTAR NEWS SERVICE

Susan Burlacoff

Gutheil said Burlacoff has traits of paranoia, narcissism and borderline personality disorder. But her intelligence and organizational skills have helped disguise her problems, he testified.

TORSTAR NEWS SERVICE

TTC chair to host transit talk show

STREETCAR TTC chair Adam Giambrone will be hosting a new transit talk show starting Thursday at 8 p.m. on CP24.

On the Rocket will be broadcast live from a chartered TTC streetcar that will travel along Queen Street to Spadina Avenue.

Giambrone

Viewers will be able to call or email Giambrone, the city councillor for Davenport, with their transit questions and complaints.

They can even hop on and off the streetcar as it moves through the city, although the routing could change, so it won't be offering regular Queen Street service.

The idea for the monthly show came from the TV station, which had broadcast from a streetcar during the last election.

TORSTAR NEWS SERVICE

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Ontario foam plant to close

Woodbridge Foam is confirming plans to close its plant in Corunna in southwestern Ontario. The move means 75 employees will be out of work by the middle of next year. The company produces high density expandable foam for the auto industry. THE CANADIAN PRESS

Canada

Canada turns to WTO in dispute

Canada is taking its seal-products dispute with the European Union to the World Trade Organization. Trade Minister Stockwell Day, left, says Ottawa has formally requested WTO consultations into Europe's ban on Canadian seal products, the first stage of the world body's dispute-settlement process. Day says the regulation, adopted by 27 European countries earlier this year, is a violation of the EU's trade obligations. THE CANADIAN PRESS

Tories slammed over flu plan

Opposition criticism mounts as vaccine supply dwindles

Flu **Outbreak**

Critics are blasting the Harper government for its handling of the swine-flu outbreak as long lineups continue for flu shots and some provinces warn of dwindling supplies of H1N1 vaccine.

A number of provinces, including Nova Scotia, Manitoba, Saskatchewan and Alberta, face vaccine shortages after a production problem at the manufacturer's plant last week slowed delivery of the drug.

m.metronews.ca

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An emergency swine-flu debate in the House of Commons was called last night after a request by the federal Liberals and NDP, who accused the Harper government of incompetence.

Thousands of Canadians have been vaccinated since Health Minister Leona Aglukkaq approved the H1N1 vaccine last month — after other countries had already begun vaccinations. But there have been long lineups, confusion and frustration across the country as people rush to get the vaccine and some are turned away.

Opposition MPs peppered the Conservatives with questions in the Commons yesterday, asking why the vaccine rollout has been such a "failure" given that the government assured the public months ago it would be prepared.

Aglukkaq said every Canadian who wants the vaccine will get it by Christmas, adding that Canada has more doses of vaccine per capita than any other country.

There was also anger over private clinics getting the H1N1 vaccine while many Canadians wait for their shots. Private medical clinics in Vancouver and Toronto that charge patients thousands of dollars for treatment have received doses of the swine-flu vaccine.

"You shouldn't be able to buy your way to the front of the line for flu vaccination," NDP Leader Jack Layton said. THE CANADIAN PRESS

Quebec **Astronaut speaks**

GRAHAM HUGHES/THE CANADIAN PRESS

Canadian astronaut Julie Payette speaks to the media following a chat with fellow Canadian astronaut Robert Thirsk, via a downlink from the International Space Station. She spoke about her visit to the space station at the Canadian Space Agency in Saint Hubert, Que., yesterday.

Barred MP hopes to testify over ban

COURT A controversial British MP denied entry into Canada earlier this year on the grounds he supported a terrorist group welcomed a court decision to hear his case, saying yesterday he would like to testify in person.

George Galloway has argued he supported the people of Gaza and could only do that through dealing with its elected Hamas government, which Canada considers a terrorist organization. THE CANADIAN PRESS

Growth alone won't erase deficit: Watchdog

REPORT The federal government is playing with fire in living with a large structural deficit at a time of reduced economic potential, the country's budget watchdog says.

Parliamentary budget officer Kevin Page's latest report yesterday shows Ottawa will be still be stuck with a massive deficit of $18.9 billion in 2013-14, even after the economy has bounced back to health.

The projection puts him at odds again with the Conservatives, who have insisted Ottawa will balance its books in a reasonable time through economic growth.

In most respects, Page and the government agree that economic growth will take care of much of the shortfall over the five years of his forecast — slicing the deficit from a 2009 high of $54.2 billion to about $19 billion in 2013-14.

But Page suggests that the recession has cut into the potential of the economy to generate revenues. By his estimates, the structural deficit — defined as the underlying shortfall even after the economy has returned to normal — is growing in the outgoing years of his five-year forecast, not shrinking. THE CANADIAN PRESS

GST the answer?

- In an earlier report, economist Dale Orr recommended Ottawa raise the GST tax from five to six per cent for two years, an action he said would make feasible the Tories' desire to balance the budget in 2015-16.

News in brief

COYOTE Parks Canada says a coyote believed to be involved in a rare attack on a young hiker on a Cape Breton trail was neither diseased nor hungry. Agency staff destroyed a coyote last Tuesday, hours after Toronto folk-singer Taylor Mitchell was mauled by two of the animals in a park.

ROYALS Prince Charles said he was "deeply touched" by the warm welcome afforded him and the Duchess of Cornwall yesterday as the royal couple began their first trip to Canada together in St. John's. Charles and Camilla are on an 11-day tour of the country. THE CANADIAN PRESS

Suspects in imam's death fight extradition
A lawyer for two Canadians wanted by the FBI following the death of a controversial imam in a police shootout in Detroit says they plan to fight extradition to the U.S. Mohammad Al-Sahli, 33, and Yassir Ali Khan, 30, both of Windsor, appeared briefly in court yesterday. THE CANADIAN PRESS

Calls for reform follow Montreal election

Canada's second-biggest city will not be placed under trusteeship.

Quebec Premier Jean Charest announced the province won't be taking over Montreal in response to a major corruption scandal.

But the Charest government did promise yesterday to clean up the process of awarding municipal contracts across the province.

The comments came amid a flurry of activity one day after Montreal's mayor was re-elected, despite stories of corruption at city hall that have embarrassed the city.

Montrealers gave Mayor Gerald Tremblay a third term — this after reports that construction companies, in collusion with the Italian Mafia, are funding political parties and boosting the cost of building projects.

Tremblay

Tremblay grabbed less than 40 per cent of the vote, but it was enough to defeat challengers Louise Harel and Richard Bergeron. Voter turnout was less than 40 per cent.

Quebec's elections body also announced yesterday it would hold a citizen's forum on political fundraising, raising the prospect of changes to the way parties are financed.

A report in Montreal's La Presse newspaper said the province might place Montreal under trusteeship to limit its control in awarding contracts. But Charest said he would not go that far.

Quebec has instead created a special police unit, and is promising to legislate changes in the way contracts are awarded.

Canada's most famous corruption-fighting judge, John Gomery, who advised one of Tremblay's rivals during the election campaign, agreed that revoking the city's chequebook would be too extreme.

But the retired judge, who presided over a probe into the federal sponsorship scandal, did call for a public inquiry into the construction business.

THE CANADIAN PRESS

Two of three trapped miners found dead

TRAGEDY The bodies of two missing miners were discovered yesterday at a flooded gold mine in northern Quebec as rescue workers continued to pump water from hundreds of metres below ground level in the faint hope that a third miner would be found alive.

The two victims were identified as Dominico Bollini, 44, a father of two, and Bruno Goulet, 36. Still missing was 31-year-old Marc Guay. The three men were trapped somewhere between the 11th and 12th levels of the gold mine in Desmaraisville after entering the mine Friday to perform repairs.

Officials have likened the flooded mine to a small lake; to survive, they said, the miners would have had to dive in darkness through 50 metres of water. THE CANADIAN PRESS

Female killer gets more liberties

REHABILITATION A southern Alberta teen convicted of murdering her parents and younger brother in 2006 has been given more freedom to help her reintegrate into society.

A judge in Medicine Hat has agreed to loosen the terms of the girl's custody so her supervisors at an Edmonton psychiatric hospital can escort the girl, now 16, on visits to places such as banks and malls.

All such trips would have to receive prior approval from the Solicitor General's Department.

THE CANADIAN PRESS

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10 canada

B.C.'s minimum wage lowest in Canada

Labour leaders are calling for a boost to B.C.'s minimum wage, which is the lowest in Canada at $8 an hour. It was last raised eight years ago. THE CANADIAN PRESS

McMaster classes continue despite assistants' strike

Negotiations have resumed in a dispute between Hamilton's McMaster University and 2,700 teaching and research assistants who went on strike yesterday.

CATHIE COWARD/THE CANADIAN PRESS

Teaching and research assistants form picket lines yesterday at McMaster University after the union rejected a contract offer.

Rebecca Strung of the Canadian Union of Public Employees says the invitation to resume talks came from the university yesterday morning after picket lines went up at two of the school's entrances.

Strung says the picket lines will remain while the talks continue, but they will not hinder students who are trying to attend classes.

Contract talkss broke off on the weekend after CUPE Local 3906 rejected the university's latest offer, which would have increased pay rates for graduate teaching assistants and research assistants to $39.40 an hour over two years. THE CANADIAN PRESS

Civilian probes urged for deaths in custody

POLICE A New Democrat MP is bringing in a private member's bill to create a civilian watchdog agency that would investigate deaths or serious injuries in RCMP custody.

Nathan Cullen (Skeena-Bulkley Valley) says his proposed civilian investigation service would ensure outsiders look into such events, ending the RCMP's practice of investigating its own members.

Cullen says public trust in the Mounties has eroded after several incidents in recent years. The government has said it is looking at reforms, but first wants to see the report from the inquiry into the 1985 Air India bombing.

Linda Bush, whose son, Ian, was shot to death in an RCMP detachment in 2005, says she fully supports Cullen's bill. THE CANADIAN PRESS

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Comment

Monarchy – yes or no?

The Duchess of Cornwall and the Prince of Wales have only just alighted for their 10-day Canadian tour, but might be having second thoughts about the visit.

Already the naysayers are being heard. Polls show Canadians don't care much about the Royals. Columnists are calling them anachronisms. Charles and Camilla can hardly be pleased.

Momentum for this country taking its last step to total independence has been building over time. But it has been a slow build. The idea seems to have more support among the people than politicians. When John Manley was in politics he was one of the few to muse about cutting colonial ties, but was rebuked by the elites for doing so.

In Australia, a referendum was held on dumping the monarchy a decade ago. After a boisterous campaign, the Aussies voted to keep the Queen.

Here, the politicians see polls saying a majority wish to make the break, but cower. They fear a debate on the Royals' future would be too divisive. Since the monarchy is largely symbolic, why not let sleeping dogs lie?

As was seen last December, the monarchy is more than symbolic. At that time, Gov. Gen. Michaëlle Jean threw the Conservative government a lifeline by granting its wish to prorogue Parliament. The government's future was entirely at her discretion. Former governor general Ed Schreyer as much as said he would have opposed prorogation. I don't think Adrienne Clarkson, from what I have heard, would have supported it either.

What rankled about Jean's decision was she kept the reasons for it secret. It's the 21st century, but we, her loyal subjects, were not entitled to an explanation.

Prince Charles and Camilla

Is it time for a full-scale debate on the monarchy? We haven't had a dust-up on the future of the country since the constitutional quarrels over the Meech Lake and Charlottetown accords two decades ago. Partly because of minority governments, the Canadian discussion in recent years has been limited to short-term political questions. We don't look beyond the horizon.

A debate on severing the last link with Britain would be of major consequence. It would be about entering a new stage of nationhood. It would be risky but invigorating. It would unleash energies, possibilities, and visions that only the prospect of a new identity can do.

We need not worry about any such Canadian drama happening soon, however. Such a break with the past requires a risk-taker, a tribune, a trailblazer. At this time, there is no one in our political class who fits the description.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Views

National securities commission needed

If federal Finance Minister Jim Flaherty needs another argument in favour of a national securities commission, he need look no further than the latest decision of the Ontario and Quebec securities commissions.

After three years of deliberations, they have approved online trading in derivatives for small retail investors. Individuals who hold accounts with the online trading firm CMC Markets Canada can now deal in Contracts for Difference, or CFDs. These are contracts that allow investors to make leveraged bets — CMC only requires 15 per cent deposits — on the price movements of stocks, indices, commodities, treasuries and foreign exchange. Investors never own the underlying security; they just trade on the price. Because of leveraging, if the price of whatever you're betting on goes your way, you stand to make big bucks. Of course, if it goes against you, losses will also be magnified.

So what's wrong with this? CFDs have been available to sophisticated "accredited" investors since 2003. Isn't it only fair that regulators allow ordinary Joes slaving away over their laptops the same chance to benefit from the miracle of leverage?

To answer that question, let's first put this latest regulatory brainstorm in the context of the times. We've just begun to emerge from the worst recession since Joanie fell in love with Chachi, a downturn, lest we forget, that was spawned by the U.S. sub-prime mortgage crisis. That was, at heart, a story of excessive lending that produced an unmanageable amount of leverage — too much debt in relation to home equity — a condition that worsened as interest rates crept up and housing prices fell.

The mess was compounded as the mortgage loans were securitized in ever more opaque financial products and sold to investors around the world. Individual homeowners got in over their heads, but so did sophisticated investors — large funds and corporations — that ended up having no idea about the quality of the securities they were buying.

There may be individual online trading geniuses who can do better than those big institutional investors, but I doubt it. Day traders very often lack fundamental investment knowledge. In fact, they like to trade on price movement alone, so having an understanding of the actual investment only gets in the way. You get this crowd hooked on leveraged investments and many shirts will be lost.

Once again, provincial securities regulators have let down the public. Let's hope a future national body won't do the same.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Eastern Europeans divided over democracy shift: Poll

Twenty years after the fall of the Iron Curtain, a sharp generational schism has formed in how people in Europe's former communist countries view the shift to democracy and capitalism, a survey has found.

People in nine Eastern European countries polled, who were born shortly before or after the Berlin Wall disappeared, were markedly more approving of the move to a multiparty political system and a market economy than older generations.

The survey by the Pew Global Attitudes Project mirrored one carried out in 1991. The new poll revealed an overall slip in approval of democracy and capitalism among most countries surveyed, with those polled in some countries like Bulgaria and Ukraine expressing sharp drops.

Despite the slip in approval, many more people surveyed in the latest poll expressed satisfaction with their lives than those asked in 1991. In Poland, for instance, 44 per cent said they were satisfied this year, compared with 12 per cent in 1991.

THE ASSOCIATED PRESS

Free speech

- Nearly two-thirds of Hungarians said freedom of speech was very important versus 37 per cent of Russians. More than 60 per cent of Bulgarians said honest elections were important, but only 39 per cent of Lithuanians.

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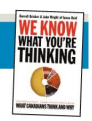

53% The number of Canadians who have consumed beer in the last month.

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Dubai sets sights on 2020 Summer Olympics
Dubai has set its sights on becoming the first Arab city to host the Olympics with a committee meeting yesterday to consider a possible bid for the 2020 Games. THE ASSOCIATED PRESS

World

Arar cannot sue: U.S. appeals court

An American federal court has ruled that Canadian Maher Arar cannot sue the U.S. government for sending him to Syria seven years ago, where he was tortured amid post-9/11 suspicions he was an al-Qaida terrorist.

Arar, an Ottawa telecommunications engineer, was the victim of what's known as "extraordinary rendition" — a much-maligned American policy of knowingly sending terrorism suspects to other countries that practise torture.

The 12-member appeals court panel, which once included newly minted Supreme Court Justice Sonia Sotomayor, ruled by a 7-4 vote yesterday that Arar could not sue since U.S. Congress has yet to authorize any such lawsuits.

Arar called the ruling "a loss to all Americans and to the rule of law."

Arar was detained in 2002 in New York as he changed planes on his way to Montreal after vacationing in Tunisia.

Maher Arar

He was suspected of having ties to al-Qaida, and was held and interrogated for almost two weeks before being sent not to Canada, his home, but to Syria, the country of his birth.

In 2003, and Canadian officials say he had no involvement in terrorism. A federal commission also concluded he had been tortured, and Ottawa awarded him a $10.5 million settlement.

Despite the Canadian ruling, the U.S. hasn't exonerated Arar and has, in fact, publicly stated it believes he has links to terrorist organizations. Arar and his family remain on a U.S. watch list.

Arar's lawsuit specifically targeted John Ashcroft, George W. Bush's one-time attorney general, FBI director Robert Mueller and former Homeland Security chief Tom Ridge, in addition to a number of U.S. immigration officials.

THE CANADIAN PRESS

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Trouble at the Tower of London

BRITAIN Something is rotten — again — at the Tower of London, long known for its treachery, bloodshed, and executions.

If the new charges are true, it's time to add bullying to the litany of foul deeds committed at the notorious royal fortress where many were tortured and three English queens were executed centuries ago.

At issue is the alleged bullying of a contemporary trailblazer: Moira Cameron, the first woman to serve as yeoman warder at the Tower, which dates back to the 11th century.

Embarrassed Tower officials said yesterday that two male warders have been suspended and a third is under investigation for suspected harassment of Cameron, who joined the prestigious warders two years ago, integrating what had been an all-male preserve for centuries.

THE ASSOCIATED PRESS FILE PHOTO

Yeoman warder Moira Cameron, left, poses with male colleagues at the Tower of London in 2007.

Wikipedia vandal

- Britain's Sun newspaper also said that Moira Cameron's entry in the online encyclopedia known as Wikipedia had been defaced as part of the campaign against her.

The bullying allegations are an unpleasant wrinkle in what had been a generally popular move to bring women into traditionally male military roles.

The warders, who patrol the fortress on the banks of the River Thames, are popularly known as "Beefeaters," mostly because of the extra rations of meat they were given in medieval times.

Tensions were kept quiet until yesterday, when the Sun newspaper reported that Cameron's uniform had been defaced and that "nasty" notes had been left in her locker.

THE ASSOCIATED PRESS

News in brief

NUCLEAR North Korea issued a veiled threat yesterday to increase its nuclear arsenal if U.S. officials do not quickly agree to the one-on-one talks the communist regime is demanding. In September, the North said it was "weaponizing" plutonium.

OHIO A Halloween trick-or-treater may have gotten a bigger treat than expected — a diamond ring. A woman in suburban Cincinnati says she thinks she may have lost her ring when she was tossing candy into trick-or-treaters' bags.

THE ASSOCIATED PRESS

Convicted KGB spy shot dead
A Russian businessman who had been convicted in Israel of being a KGB spy was shot dead yesterday in Moscow, police said. THE ASSOCIATED PRESS

Election commission names Karzai winner

Afghanistan's election commission proclaimed President Hamid Karzai the victor of the country's tumultuous ballot yesterday, cancelling a planned run-off and ending a political crisis two and a half months after a fraud-marred first round.

AHMAD MASOOD/THE ASSOCIATED PRESS

Afghan President Hamid Karzai gestures to journalists yesterday as he heads to receive UN Secretary-General Ban Ki-moon, unseen, at the presidential palace in Kabul, Afghanistan.

The Obama administration — which has been waiting for a government deemed legitimate to emerge in Kabul before announcing whether to deploy tens of thousands more troops — quickly commended the ruling.

"We congratulate President Karzai on his victory in this historic election and look forward to working with him" to support reform and improve security, the U.S. Embassy said in a statement. Britain and the United Nations also issued statements of congratulations.

The cancellation of Saturday's vote came one day after former foreign minister Abdullah Abdullah announced he was pulling out of the Nov. 7 vote. Abdullah said the ballot would not have been fair and accused the Karzai-appointed Independent Election Commission of bias.

The annulment is a huge relief to organizers who were scrambling to hold the election before the onset of Afghanistan's harsh winter, as well as to authorities who feared a wave of bloody violence on polling day after a Taliban spokesman threatened attacks against anyone who took part. THE ASSOCIATED PRESS

Two more blasts rock Pakistan

ATTACK A suicide bomb killed 35 people near Pakistan's military headquarters yesterday while a second blast wounded several police, continuing a wave of terrorism that prompted the United Nations to suspend development work near the Afghan border.

The rash of attacks by Islamist militants has killed at least 300 across Pakistan over the past month — including 11 UN workers — and threatened to destabilize the nuclear-armed nation. The UN's subsequent decision to suspend non-emergency aid could weaken efforts to counter the appeal of extremism by improving ordinary people's daily lives.

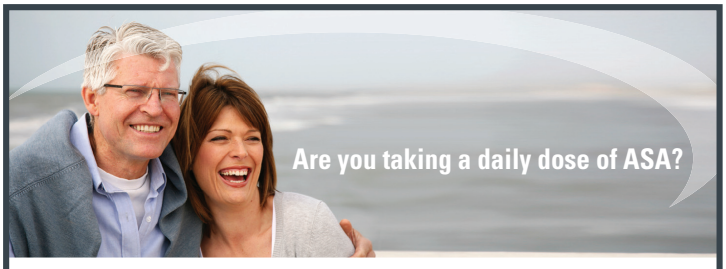
The violence has grown bloodier since the government launched an anti-Taliban offensive in mid-October, pushing into the impoverished tribal region of South Waziristan.

THE ASSOCIATED PRESS

News in brief

CIVIL WAR Sri Lanka demanded yesterday that U.S. officials cease efforts to question the country's top general on alleged human rights abuses committed by the government during the final months of its civil war. Foreign Minister Rohitha Bogollagama told reporters that Gen. Sarath Fonseka, a U.S. green card holder, had been scheduled for a Nov. 4 interview in Oklahoma with the Department of Homeland Security.

THE ASSOCIATED PRESS



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British bank to cut 3,700 jobs

Royal Bank of Scotland is cutting 3,700 jobs in its British branch network as part of its plans to restructure and modernize the division. RBS is 70 per cent owned by the British government after the massive bailout of the banking sector. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 92.78¢	US $4.82	US $78.13	10,878.35
US 0.35¢	US 22.1¢	US $1.13	32.40

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

RIM shares dip after 'sell' report

STOCKS Shares in Research In Motion Ltd. slid more than 6.5 per cent yesterday as investors digested a Citigroup report which downgraded the company's stock to a "sell."

Citigroup Global Markets analyst Jim Suva said in a note that the BlackBerry maker is facing greater competition from other smartphone companies.

Those comments sent a chill through the markets, and knocked RIM's stock $3.67 lower to $60.15 on the Toronto Stock Exchange yesterday.

THE CANADIAN PRESS

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Business in brief

EXPAND Higher production and exploration success in its Columbian operations have prompted Toronto-based Pacific Rubiales Energy Corp. to expand its capital expenditure program.

THE CANADIAN PRESS

House prices on the rise

Toronto housing prices will continue to rise next year by as much as 5 per cent, according to a forecast by the Canada Mortgage and Housing Corporation.

Although price growth will slow, buyers looking for relief from the tight markets of 2009 will face another year of rising home values. The forecast said the average price of an existing home at the end of 2010 will be $412,000, compared with $392,540 by the end of this year.

The 5 per cent growth forecast is in line with the average annual increase for the decade.

The growth, the federal housing corporation said, will be fuelled by the sales of more single-detached housing. For the first time since 2006, low-rise homes will account for the majority of sales in the GTA this year and next, according to the forecast.

"With low interest rates people are buying more house or going to nicer neighbourhoods, which is helping average prices move upward," said Shaun Hildebrand, senior market analyst at the CMHC.

Even though prices and listings will move higher, sales for 2010 are actually expected to be down by 4.9 per cent as the market cools.

TORSTAR NEWS SERVICE

Less listings

- This year the market has been characterized by a lack of listings, down by 17 per cent overall for the year compared with 2008, which has placed upward pressure on prices.

LEE JIN-MAN/THE ASSOCIATED PRESS

Microsoft CEO Steve Ballmer delivers a speech during a meeting with the media in Seoul, South Korea yesterday.

IT spending to stay low

TECH Microsoft CEO Steve Ballmer said yesterday corporate spending on information technology will not recover to levels seen in recent years before the global economic slowdown.

"The economy went through a set of changes on a global basis over the course of the last year which are, I think is fair to say, once in a lifetime," Ballmer told a meeting of South Korean executives in Seoul.

Spending on information technology, which accounted for about half of capital expenditures in developed countries before the crisis, was unlikely to rebound fully because capital was more scarce these days, he said.

"While we will see growth, we will not see recovery," Ballmer said.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tame credit card debt

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

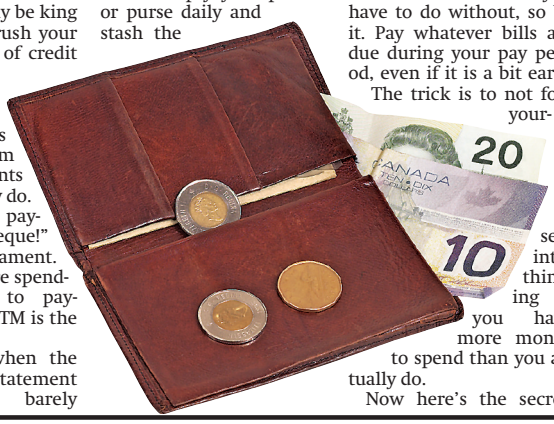
Just as sodium is a killer buried in Canadians' diets, so too is cash in your financial life. Cash may be king but it can also crush your ability to get rid of credit card debt.

I find that most people withdraw two to four times as much cash from their bank accounts as they think they do.

"I'm living paycheque to paycheque!" is the common lament. "No," I say, "you're spending paycheque to paycheque and the ATM is the culprit."

As a result, when the credit card statement comes there's barely enough to pay the minimum. But you can free up that extra money by curtailing the cash you run through.

For the short term stop all cash expenditures except for a nominal amount, say $20 to $30 for incidentals. Take that amount out in cash weekly. If you have kids, there always seems to be a few dollars needed here and there. Empty your pocket or purse daily and stash the coins in Auntie Meg's old broken teapot to build up a kid cache.



Now, put your credit card away. Instead, use your debit card but estimate what you require monthly for essentials such as groceries, gas, household bills, etc. With every paycheque track your spending to ensure you stick to the budget.

Spend no more than the estimated amount! If you have to do without, so be it. Pay whatever bills are due during your pay period, even if it is a bit early.

The trick is to not fool yourself into thinking you have more money to spend than you actually do.

Now here's the secret. Take whatever is extra every paycheque (not every month) and put it on your credit card balance. Don't wait for the statement to come. Voila, the balance will melt away.

Once the debt is gone, stick with the program and devote the extra money to building up some savings so you will never have that sinking feeling when the credit card bill arrives.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Alison's Money Rule:

- If credit card debt is overstaying its welcome in your life, banish it by controlling your cash habit.

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Buying opportunity

Investing

Allan Small

metronews.ca/investing

Investors have been waiting for some sort of pullback in the markets since the beginning of September. It appears as though the correction is here, perhaps four to six weeks later than anticipated.

In my opinion, investors should not be afraid of this correction. They should use it to their advantage. Many investors missed the most recent seven-month 50 per cent rally and they are waiting for any opportunity to get back into the market. Investors will begin to buy equities when the market appears cheap again.

If you are an investor with cash on the sidelines making one or two per cent, you have to use these opportunities to buy equities. There are some great companies yielding four per cent, five per cent and more than six per cent. If you compare these returns to other asset classes, like GIC's or bonds, equities make the most sense over the next six to 12 months.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

On the web

Money Matters: Henry Choo Chong talks about deferring withdrawals from RRSP accounts. Visit metronews.ca/moneymatters to read his column.

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INFORMATION FEATURE

Online investing shatters stereotypes

Online investing is no longer seen as the sole realm of math whizzes and those with finance degrees.

RAFAEL BRUSILOW
for Metro Canada

Online investing has grown by leaps and bounds in the last decade, a testament to the fact that putting your money to work online for you is easier than ever.

Jason Storsley, president and CEO of RBC Direct Investing, says online investing is no longer seen as the sole realm of math whizzes and young grads with finance degrees — today you can find people from almost all walks of life using online investing to reach their financial goals.

"Today, the demographic of people using online investing spans across all ages and stages, all different types of professions, and it's used almost equally by men and women." Jason Storsley

"The industry has really evolved over the last five to 10 years. Back then, it was mostly young, male, techie-trader types who delved into it. Today, the demographic of people using online investing spans across all ages and stages, all different types of professions, and it's used almost equally by men and women," Storsley said.

The early days of online investing saw many simplistic, bare-bones websites equipped almost exclusively for quick juggling of stocks, usually frequented by people looking solely for a quick buck on a short turnaround. Today, attitudes have come staunchly around because the tools of online investing have become more powerful, and long-term financial options have become increasingly available. Storsley says the online realm today offers all the same possibilities as offline investing in a far more convenient setting.

"It's not seen as just a place for active traders. Now you can really manage and meet all your financial goals through our online investing site," he said.

Direct investing through RBC offers unparalleled access to tools that make online investing a snap, especially for new investors. Online tutorials with voice-overs and visual cues on the main RBC site explain every step of the online investing process and even provide tips on understanding how to choose the right investment option. Independent research and performance indexes can arm you with crucial knowledge when picking where and how to invest your money and RBC's fully customizable search utility lets you sift instantly through thousands of mutual funds to create a convenient shortlist of ones that match your needs in price, performance and investment type.

With today's challenging economy, Storsley says fear and uncertainty are more prevalent than ever — a perfect reason to test-run an RBC Practice Account, which allows investors to test their financial strategies and use all the same tools as a regular account without risking a single penny.

"Investors really do lack confidence right now, especially the ones just starting out. They're nervous and they don't want to lose money. With an RBC Practice Account, they can venture into the online investing space and build that confidence without risking real money," Storsley said.

As investor confidence grows, more women are entering the online investing world than ever before, likely because more women are also taking the financial reins of their investment future.

"More women are managing the family's finances and they are looking to reach their investment goals online," Storsley said.

With sophisticated offerings like 19 different model portfolios, mutual fund packages already prescreened by RBC experts and prepared for a variety of financial goals, Storsley says many RBC clients are finding it easier and more satisfying than ever to venture online with their money for the first time.

"A lot of our clients would never have come into online investing 10 years ago because it wouldn't have met their needs. We've really broadened our offering to be able to meet the long-term objectives of any Canadian," Storsley said.

Who are they?

- **Self-directed investors** make up roughly 15 to 20 per cent of all Canadian investors and the number is rapidly growing as more Canadians choose to manage some or even all of their investments online.
- **Online investors** represent a wide cross-section of society with almost an equal split between men and women and a variety of young, old, new and experienced investors making use of online investment tools.
- While people still **trade stocks**, a growing number of people pursue their long-term financial goals online.
- **Self-directed investors** love the competitive prices of online investing and the powerful education and analysis tools available online at rbcdirectinvesting.com make investing online just as effective as offline investing.

On the web

- For more on RBC Diret Investing, log on to rbcdirectinvesting.com.

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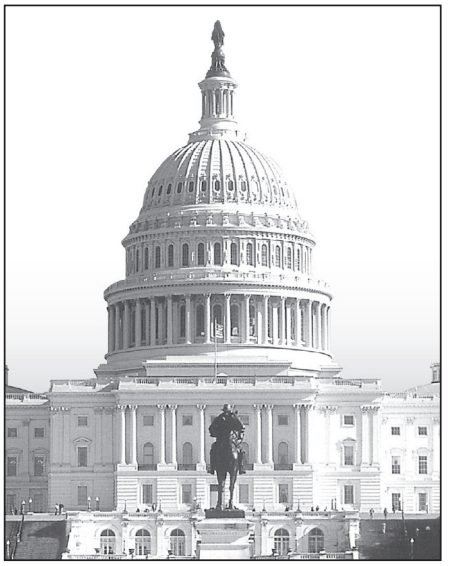

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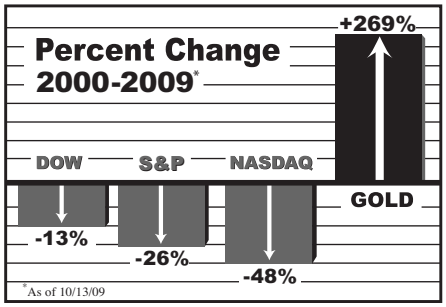

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MLS Golden Boot winner explains his success

Jeff Cunningham, winner of the MLS Golden Boot and MLS MVP nominee, joined It's Called Football yesterday to discuss his turnaround season, why he struggled in Toronto and his links to the English side Reading. Watch at **metronews.ca/itscalledfootball**

Sports

Bolt aids a cheetah

The world's fastest man adopted the animal kingdom's fastest sprinter yesterday, as Usain Bolt, left, welcomed a baby cheetah named Lightning Bolt into his life. The sprinter's sponsorship of the three-month-old male cheetah is part of an effort to boost Kenyan conservation efforts of its famous wildlife, whose survival is threatened by trophy hunting, climate change and human encroachment. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

TFC 'keeper up for MLS rookie award

SOCCER Goalkeeper Stefan Frei, one of the bright spots in a disappointing Toronto FC season, is a finalist for MLS rookie of the year.

Former Toronto striker Jeff Cunningham is up for MVP along with Landon Donovan of the Los Angeles Galaxy and Shalrie Joseph of the New England Revolution.

Drafted

- Stephen Frei, 23, from Berkeley, Calif., was picked 13th overall in the 2009 MLS SuperDraft.

Cunningham led the league with 17 goals.

Frei, who dislodged Greg Sutton as the team's No. 1 'keeper, started 26 games with five shutouts and a 1.49 goals-against average. A broken finger and the fine play of backup Brian Edwards kept him on the bench at the end of the regular season.

The other top rookie nominees are Omar Gonzalez of the Los Angeles Galaxy and Chris Pontius of D.C. United.

Goalkeeper of the Year finalists are Kasey Keller of the Seattle Sounders, Donovan Ricketts of the Los Angeles Galaxy and Zach Thornton of Chivas USA.

THE CANADIAN PRESS

Cash not Cashman's problem

Why players succeed or fail in New York a mystery to Yankees' general manager

Brian Cashman leaned against the wall just outside manager Joe Girardi's office as the best players money can buy milled about inside a quiet, but quietly confident, clubhouse.

The longest-running gripe in baseball is the Yankees have so much cash that only they can afford to bury their mistakes, and since 1998, the still boyish-looking general manager has been the guy wielding the shovel.

Late Sunday night, with New York just 27 outs from winning its 27th World Series — but first since 2000 — the small smile that creased Cashman's lips was part relief, part I-told-you-so. It seemed to say, "You have no idea how hard it is to get value for your dollar."

Cashman has shelled out more than $1.6 billion US in salaries since a broken-bat single by Arizona's Luis Gonzalez looped lazily over a drawn-in infield and ended the Yankees' last dynastic run as the calendar turned over on a new century.

AL BELLO/GETTY IMAGES

Manager Joe Girardi, left, and general manager Brian Cashman of the New York Yankees talk before Game 1 of this year's World Series. A Series win over the Philadelphia Phillies would be the 27th title for the Bronx Bombers. For a Game 5 recap, see metronews.ca/sports

Since then, he's lavished some of it on ballplayers who were great before they arrived in New York, and a few who were great after they left town. But he conceded that for all the time, research and cash invested in the process, he still hasn't figured out exactly why some thrive there and others leave town with tails tucked between their legs.

And pitchers, he added, remain the most mystifying purchase of all.

"But they're the key to the kingdom," Cashman said. "The last five, six, seven years have proven that beyond a doubt."

And that's why two of the three stars the Yankees added this season — along with first baseman Mark Teixiera — were pitchers: Staff ace CC Sabathia and No. 2 starter A.J. Burnett. The trio cost the Yankees $423.5 million.

Burnett took the mound last night, like Sabathia a day earlier, on three days' rest. His job is to buy the Yankees bats enough time to build a lead, then turn the game over to the middle relievers and eventually Mariano Rivera, arguably the most reliable final act in sports.

Cashman has scanned the globe and spared no expense trying to find players who can thrive on the biggest stage. He knows only too well how rare those guys are. Toward the end of an interview, Rivera's name comes up and the GM's tone shifts almost to reverence.

"A guy we gave very little money to, who came out of a small village in Panama and moved to the big city without ever once stumbling or losing his footing. For him to do what he did for as long as he has," Cashman said, "is incredible."

THE ASSOCIATED PRESS

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Learn how to scan the barcode with the instructions at the top of pg 3

Sports in brief

OVECHKIN The Washington Capitals say Alex Ovechkin is "week-to-week" with an upper-body injury. The Capitals said yesterday the two-time league MVP suffered an "upper-body strain" in Sunday's overtime loss to Columbus. Ovechkin had an MRI and will travel with the team while receiving treatment.

CLEVELAND Browns owner Randy Lerner says he is "sick" about the state of his NFL team but he will not make a coaching change. Cleveland dropped to 1-7 after Sunday's 30-6 loss in Chicago.

RACING Rubens Barrichello and Nico Hulkenberg will drive for Formula One team Williams next season. Barrichello has made a record 284 starts in Formula One. Hulkenberg won the GP2 Series championship this year.

METRO NEWS SERVICES

Work almost done on long-term plan for Jays

BASEBALL Alex Anthopoulos is putting the final touches on a long-term plan for the Toronto Blue Jays and expects to share some of the details before next week's general managers meetings in Chicago.

The rookie GM spent most of his first month on the job putting the struggling and aimless franchise's house in order by restructuring the scouting and player development departments, and later sorting through the coaching staff's dysfunction.

Alex Anthopoulos

Next on the agenda is installing a philosophy and a direction to guide the Blue Jays through this off-season as Anthopoulos and his staff try to build a winner from the rubble of a 75-87 season.

He'll sit down in the coming days with team president and CEO Paul Beeston and the team's ownership to hammer out the guidelines before giving the public the gist of things, likely this weekend.

"I'm getting really close," Anthopoulos said in an interview yesterday. "By the time I go to the GMs meetings (Nov. 9-11) I'm going to know exactly what direction I'm going in, and where the organization is headed, and what he have to work with, and so on."

The overriding question is whether to add to a payroll that was about $80 million US last year, or scale back to rebuild the core for a competitive window down the line.

The answer there will decide the fate of ace Roy Halladay, who is eligible for free agency after the 2010 season and won't want to stick around for any kind of rebuild.

THE CANADIAN PRESS

Beckham heading back to Italy
David Beckham will return to AC Milan on loan in January after the Italian club reached an agreement with Major League Soccer's Los Angeles Galaxy. The midfielder played for Milan for six months earlier this year. He scored two goals in 18 games and has won back his place on England's national team. METRO NEWS SERVICES

NFL Saints march to end zone

BILL FEIG/THE ASSOCIATED PRESS

New Orleans Saints running back Pierre Thomas, right, and tight end Jeremy Shockey celebrate Thomas' touchdown against the Atlanta Falcons last night. For a complete recap, visit metronews.ca/sports

Phil Kessel likely to debut

Phil Kessel steps into hockey life without Marc Savard today. He's confident he can go it alone.

The 22-year-old Leafs winger is all but a go in Leafland, needing only to clear one last test of the strength and agility in a left shoulder that was surgically repaired last May.

There is still an air of caution there, and the Leafs, while receiving the test results from doctors yesterday, won't release whether Kessel is clear to play until the club's morning skate today.

NHL PREVIEW
Tampa Bay at Toronto
TAMPA BAY AT TORONTO MAPLE LEAFS

Should Kessel be cleared — and it's expected he will be — tonight's game against Tampa will mark a new chapter in his hockey life. The 22-year-old is set to leave behind a highly successful season last year with Savard, and begin a Leaf career with Matt Stajan as his new pivot, and Jason Blake as his fellow winger.

"Obviously, Savy (Savard) was a great player, he passed me the puck a lot," said Kessel, who blossomed into one of the game's top young goal-scoring talents last season with 36 goals.

"But I've done it before, I've played without him in other places."

TORSTAR NEWS SERVICE

Sale of Coyotes to NHL approved

BANKRUPTCY The Phoenix Coyotes' bumpy six-month journey through U.S. Bankruptcy Court has come to an end with a judge's approval of the sale of the franchise to the NHL.

Judge Redfield T. Baum signed the order yesterday after a quiet, brief hearing in a mostly empty courtroom. It was a stark contrast to earlier scenes of high drama featuring countless high-priced lawyers locked in often-bitter arguments before a gallery full of mostly Canadian reporters.

The NHL's bid totals about $140 million US. The official figure listed in the sale order is $128.4 million, but that does not include the $11.6 million the NHL has agreed to spend to purchase claims of nearly all the unsecured creditors in the case.

NHL deputy commissioner Bill Daly said the league would work to quickly close the deal and take full control of the Coyotes' business operations.

"The league also will engage immediately in a process to identify — and expedite sale of the franchise to — new ownership that is committed to the club's long-term success in the Phoenix/Glendale area," Daly said in a statement released by the league.

The only party who didn't join in the agreement is former coach Wayne Gretzky, who owned a small portion of the team. However, Gretzky did not file a formal objection with the court. THE ASSOCIATED PRESS

Sports in brief

DOPING The PGA Tour says Doug Barron has been suspended one year for using a performance-enhancing drug. He is the first player to violate the doping policy since testing began in July 2008. Barron has not played a full PGA Tour schedule since 2006 and competed only four times on the Nationwide Tour this year.

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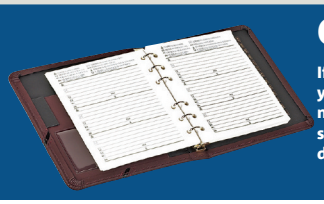
Did you know?
With 680 applicants for every one of its 297 spots, the Indian Institute of Management in Ahmedabad, India, is the world's most competitive MBA program. CSMONITOR.COM

MBA Guide



Get organized

If you've decided to pursue an MBA, you will have homework! To maximize your time, use an agenda to stay organized, and create a designated study area for yourself.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Degree can pay off

RAFAEL BRUSILOW
for Metro Canada

Despite the high price tag and big-time commitment, an MBA degree can pay big dividends for your career.

MBA tuition at Canadian schools averages about $25,000 and ranges up to almost $100,000 for EMBA programs at certain schools, meaning if you're thinking of getting an MBA, you have to think strategically about how getting the degree is going to be an investment in your future.

"Many years ago, a B.A. degree was viewed as a ticket to get an upper-level job — now it seems an MBA is that ticket." Richard Powers

Richard Powers, associate dean at the University of Toronto's Rotman School of Management, says many employers still see the MBA as a gold standard for top-level management positions.

"Many years ago, a B.A. degree was viewed as a ticket to get an upper-level job — now it seems an MBA is that ticket," Powers said.

Powers argues that the types of skills taught and polished in an MBA program are fundamental to business, and therefore will remain valuable to most employers.

"Even leaders without an MBA are depending on MBAs to help their companies become successful. You need those skill sets in your business," Powers said.

Maclean's magazine regularly uses survey results to rank Canadian MBA programs for quality, and the Financial Times ranks all world MBA programs and shows how much average graduates' salaries increase after finishing their MBA degrees.

If you're planning on investing in an MBA, do your research, experts say.

The 2009 Financial Times ranking shows several MBA schools in Canada made the top 100 and averaged between 83 and 98 per cent or higher increase in salary post-graduation, including the University of Alberta, Sauder (UBC), Ivey (UWO), Rotman (U of T) and Schulich (York).

If you're planning on investing in an MBA, do your research to see which MBA school matches your specific program needs.

"Make a list of what you want to get out of an MBA. You need to have a return on investment for your chosen MBA program and that ROI isn't necessarily financial," Powers said.

For example, Powers says younger MBA grads frequently opt to use their MBA degrees to secure work at non-profit agencies, where they initially earn less but get to take command in higher-level positions much sooner in their careers than they would in the corporate world.

Deborah Hurst, director of MBA programs at Athabasca University in Alberta, agrees that regardless of how the market fares in the short term, the value of an MBA is likely to stay high but adds that the market meltdown should be a wake-up call to schools that sustainability and ethics should be a big part of any MBA degree.

"I think it's more important now than ever to have the kinds of skills and abilities that an MBA offers, but the experiences have to be real and you have to build in ethics and sustainability. We've got to look at high-level decision making that takes into account ethical frameworks," Hurst said.

Ready for your MBA?

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By the numbers
According to a Statistics Canada report released late last month, the average tuition for an executive MBA is $30,653 and $20,564 for the regular MBA program. METRO NEWS SERVICES

EMBA can be a juggling act

RICHARD WOODBURY
for Metro Canada

Growing in popularity, executive MBAs are geared towards a different demographic and serve a different purpose than an MBA.

"It's a very different mindset between a full-time MBA and an executive MBA," says Dr. Beatrix Dart of the Rotman School of Management at the University of Toronto.

The executive MBA is geared towards those with management experience, while MBAs are for people early in their work careers or fresh off their undergraduate degrees.

"They have a lot of things to draw on," says Dr. Linda Peritz of the Sauder School of Business at the University of British Columbia, noting that executive MBA students have a large body of knowledge and experience to draw upon while in the classroom.

People who take the executive MBA do it to broaden their knowledge base and allow them to be more strategic in their thinking and take on larger leadership positions, says Dart.

"The full-time MBA does the opposite," she says.

MBA students are able to specialize in specific topics, such as finance, marketing and consulting.

"So one narrows you and makes you a specialist," says Dart. "The other broadens you and makes you more of a strategic thinker."

Before enrolling in an executive MBA program, it's crucial that students have candid discussions with both their families and employer to make sure all parties are onboard with the idea, says Gloria Saccon, the executive director of the executive MBA program at Queen's University.

> **"All of a sudden, life becomes more complicated and extremely busy."**
> Gloria Saccon

"All of a sudden, life becomes more complicated and extremely busy," she says, noting that students have to juggle school, a career and family life. Students and their families need to be aware of the time commitment involved in pursuing an executive MBA.

Students may catch a break on some of the schoolwork though, says Dart. Some of the projects can de done within company time because they are projects that bring immediate benefits to the company.

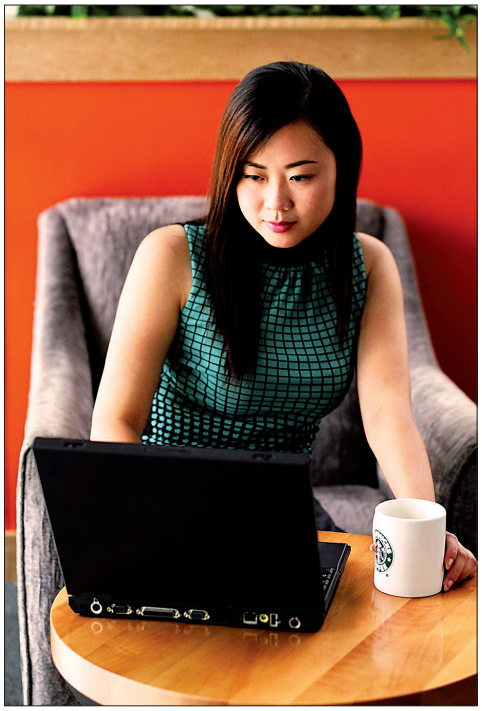
With the amount of time students will spend working on assignments with each other, they become a support network for each other, says Saccon.

"That's a really strong support mechanism in place because they're all experiencing the same or similar stresses while they're going through this program," says Saccon.

The executive MBA is geared towards those students who already have management experience.

And the winner is...
The Laurier School of Business & Economics will be celebrating this year's winners of the 2009 Laurier MBA Alumni Awards on Thursday. The MBA Alumnus of the Year Award goes to Yvan Couture, president and CEO of Primal Fusion. METRO NEWS SERVICES

Demand for online MBAs rising



Dozens of schools throughout the United States and a handful in Canada currently offer online MBA programs.

RAFAEL BRUSILOW
for Metro Canada

As the business world continues to move further online, it's only natural to see MBA education do the same.

Today, with a growing number of schools around the world offering online MBA programs, it's clear that sitting in a classroom is no longer the only way to get a degree.

Distance education is nothing particularly new to the MBA world, which saw distance-learning alternatives to standard MBAs grow in popularity in the 1960s and 1970s, especially in the United States.

The Internet has greatly changed the nature of such education, however, making previously unlikely student interaction a key feature, keeping programs current and competitive and most importantly raising credibility and standards throughout the industry.

Dozens of schools throughout the U.S. and a handful in Canada currently offer online MBAs and demand among busy students is increasing.

Athabasca University began offering its online MBA in 1994.

Deborah Hurst is director of MBA programs at Athabasca University in Alberta, which in 1994 began offering the first fully interactive online MBA in the world. Today, the school has 840 active MBA students in its MBA and executive MBA programs. What started with floppy disks and dial-up Internet connections has quickly metamorphosed into a technologically savvy program that sounds very much like what you'd expect a traditional classroom MBA would offer, complete with scheduled lectures, frequent group work, forum discussions and student symposia.

"We've always been collaborative, where students learn as much from one another as from the instructors," Hurst said.

Whereas real-world discussions in the classroom tend to be dominated by more social, outgoing students, in the online world Hurst says shyness is no obstacle to participation since students can respond to comments on their own time and from the relative safety of their own computers. Students used to squeaking by without raising their hand in a classroom are forced to participate in an online setting because instructors can see at a glance who is responding to online comments.

"The online environment allows students to refine their thinking because they have time to think and work together in a way that is thought to thought. It also allows for a more democratic sharing of ideas because all students are required to participate. There's nowhere to hide — everyone plays a role," Hurst said.

At Lansbridge University in Fredericton, N.B., the online MBA program uses real-time PowerPoint presentations and voice-over-Internet to make the virtual learning experience as visceral as possible. Lansbridge marketing manager Holly Christie says the immediacy of online interactions makes it easier for students to connect to instructors.

"We don't have teaching assistants — if you email, the faculty it's the faculty that responds," she said.

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Sworn oath
Graduates of the University of Ottawa's Telfer School of Management MBA program took an oath of professional conduct recently as a symbol of the ethics they believe every manager should exhibit. METRO NEWS SERVICES

The Sauder School of Business at the University of British Columbia is offering a 21-month executive MBA in health care, the only one of its kind in Canada.

Sauder eyes health-care courses

RICHARD WOODBURY
for Metro Canada

With health care eating up such a large portion of both the federal and provincial governments' budgets — and growing — it's no surprise more and more health-care courses are being offered at universities across Canada.

"We need to pay attention to how we manage these organizations," says Dr. Linda Peritz of the Sauder School of Business at the University of British Columbia. "We need to learn more about how to manage them."

Peritz says the people running hospitals tend to be people who work their way up through the ranks, such as nurses and physicians. They do not always have management training.

To deal with these challenges, the Sauder School of Business offers a 21-month executive MBA in health care, the only one of its kind in Canada. Students begin the first seven months of the program doing core topics, such as accounting, finance and ethics. After that, students specialize in courses such as Patient Flow and Resource Allocation and Priority Setting.

Peritz says having this well-rounded background is necessary to make the right decisions.

"What you really, really want is senior managers to understand accounting and finance," she says. "You want them to be able to make decisions based on information and look at a balance sheet and understand what their position is and use a strategic approach to that information. You need people to be able to do that."

The people running hospitals tend be those who work their way up through the ranks, such as nurses and physicians.

But Dr. Beatrix Dart of the Rotman School of Management at the University of Toronto doesn't see the value in executive MBAs in health care.

"We actually don't do specialized executive MBA programs because we find it defeats the purpose," she says. "The purpose is to make them more general and more strategic thinkers. So quite frankly, I don't see the value in limiting it then to an industry sector."

> **"What you really, really want is senior managers to understand accounting and finance."**
> Dr. Linda Peritz

With an aging workforce, there will be lots of openings in the health-care sector at all levels.

"There will be jobs there," says Dr. Kellie Leitch of the Richard Ivey School of Business at the University of Western Ontario.

Leitch has noticed increased interest in health-care courses over the past two years. She attributes this to a greater discussion of issues facing the health-care system.

"There has been a focus by provincial and federal governments on wait times and other health issues," says Leitch. "I think we all in an academic environment reflect on those things."

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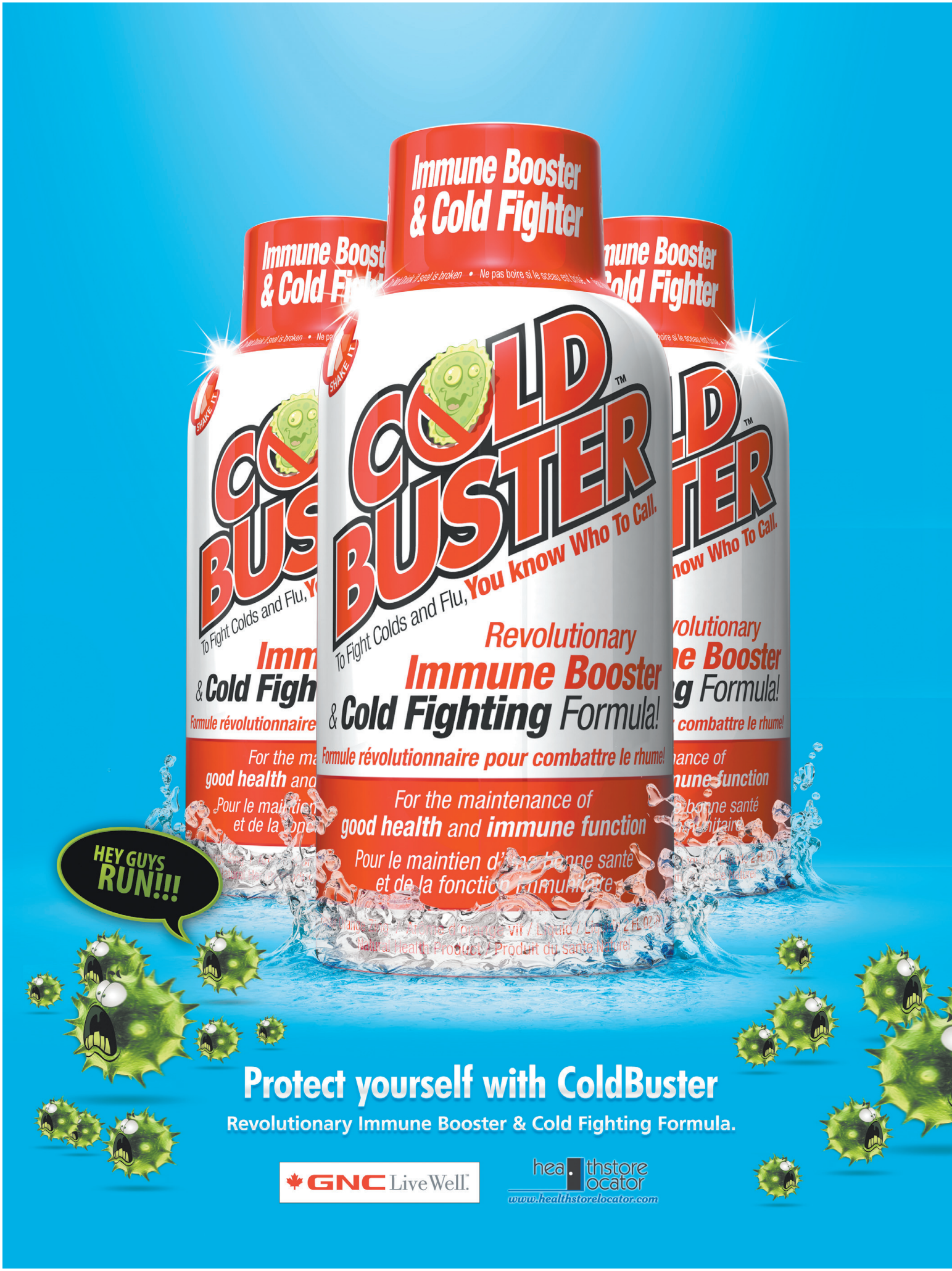
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Ivey expands its presence
Leaders of the Richard Ivey School of Business were in India last week to expand the school's ties with the region. During the trip, they signed a partnership with the Indian School of Business for a Case Development Centre. METRO NEWS SERVICES

BlackBerry program a hit

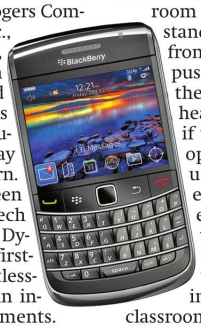
LEYLA EMORY
for Metro Canada

The days of turning off your cellphone before class are gone.

For Laurier MBA students, having their BlackBerry is as important as coming prepared with a textbook.

On their first day of class, 100 full-time Waterloo MBA students received a free BlackBerry, launching Laurier's MBA BlackBerry pilot program. In partnership with Research in Motion and Rogers Communications Inc., Ginny Dybenko, the school's dean of business and economics, is looking to revolutionize the way her students learn.

About 100 full-time Laurier students received a free BlackBerry.



"I've always been a real high-tech freak," says Dybenko. "I see first-hand how effortlessly people learn in informal environments. Nothing holds them back and news travels at light speed via the Internet. I could contrast that with what I saw in the classroom — the prof standing at the front and trying to push factoids into the students' heads. I wondered if there wasn't an opportunity to use the informal enthusiasm and energy towards technology and meld it with what were trying to do in the classroom."

Deborah Carter says yes. "I love it, it's really enhanced the learning experience for me," says the MBA student who is a first-time user of BlackBerry and smartphones in general. For those new to the technology, Laurier offers tutorials throughout the year to increase their proficiency with the new teaching tool.

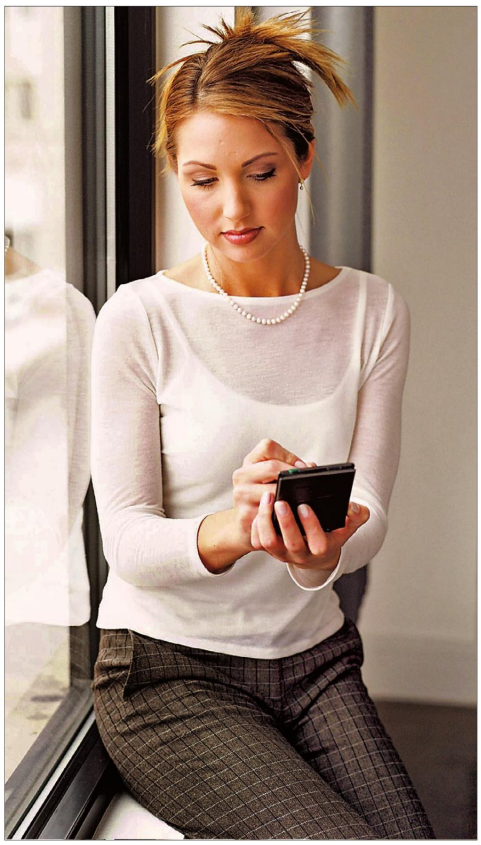
The aim is to increase accessibility, collaboration and the use of multi media says Dybenko: Professors have constant access to students through applications like Mobile Chalkboard, which pushes content like Power Point slides or assigned readings directly to a BlackBerry.

"Collaboration is also a huge plus," says Carter. "We're divided into work groups of six people for the first term. We do all of the major group projects together. It can be tough getting six people in the same place. The BlackBerry messenger application allows us to collaborate and give real-time information, regardless of where we are."

Finally, there's the benefit of integrating with current social media. "We had an official BlackBerry launch, where we heard from executives from Rogers and BlackBerry," recalls Carter.

"Students could videotape presentations and upload them in real-time to YouTube. From that, we had a discussion about how to integrate YouTube into our classes. Could we do pitching assignment via YouTube?"

The skills will translate to the working world, says Dybenko. "They'll be effective first day on the job. Which is really our intent at Laurier. We believe in a very relevant curriculum."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Set to hit Calgary, Vancouver and Toronto on Nov. 10, 12 and 14 respectively, the MBA Tour is a means by which prospective students can meet and learn more about the schools and programs they're considering applying to.

"We have schools from all over the world," says Peter Von Loesecke, CEO and managing director.

"There are a lot of Canadian schools obviously because Canada has a huge domestic MBA market," but schools from the U.S., Spain, Denmark and China will also be at the daylong event, he says.

Beyond providing attendees an opportunity to meet representatives from a variety of different schools, the fair allows schools to differentiate themselves. "That differentiation is really important in students understanding whether a particular school has something they want," says Von Loesecke.

There will be roundtable discussions at the MBA Tour.

This year's tour is organized so that the schools are able to offer a 35-minute presentation as well as having a stationed representative at a booth for one-on one interaction.

"It's different from a typical trade fair where you go from booth to booth to booth," says Charmaine Curtis, executive director of student services and international relations at Schulich School of Business. "We try and educate them before they visit the booths with these different sessions that we host."

The preparation from attendees varies. "Some people know the school they want to go to. They've had contact with them and they're coming to the event to reinforce their application. Others are just beginning to explore what an MBA is," says Von Loesecke. The event tries to cater to both.

Aside from showcasing schools, there are GMAT preparation presentations, sessions on how to fill out applications, the importance of the essay questions, and what schools look for in admissions applications.

For those more familiar with the process, the MBA Tour offers the opportunity to make an initial point of contact.

"These things a re pretty well attended, so it's fairly busy, but there's always followup, at least from our school," says Curtis. "It's the first connect. From there, once we have applications, we bring them to the school to meet the students, sit in classes, et cetera. For us, it's part of the whole recruitment process. It gives us a number of different ways to access a potential student at one venue."

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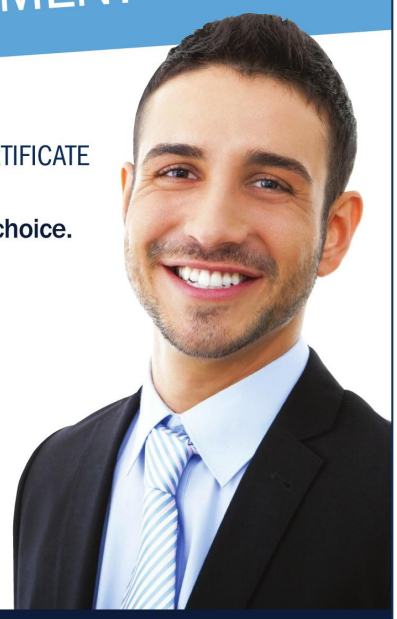

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More than one way to pay

ERIC EMIN WOOD
for Metro Canada

There are a number of ways students can pay for their MBA, says Charmaine Courtis, executive director of student services and international relations at York University's Schulich School of Business.

"In the first place, students coming into the program have several years' working experience, so they have savings," she says. "They are also eligible to apply for student loans, and many people do that."

Government loans are the most common financial aid among full-time students because the option is so widely known, says Sharan Girn, admissions adviser for Simon Fraser University's graduate business programs. "However, if students do their research, they will find there are various other options available," she says.

For instance, if a student has an RRSP, the Canada Revenue Agency offers the Lifelong Learning Plan, which allows students to withdraw from their RRSP to finance training or education, Girn says.

Bank loans are another option. Students from Schulich can apply for a preferred-rate line of credit from the Royal Bank of Canada, says Courtis, and the maximum available credit covers the cost of a two-year full-time program.

Paid internships are also common. "If students are doing a two-year program, they tend to break for a semester and work with a company," says Courtis. "That's a way to make some money and build credentials for graduation when you're looking for a real job."

Girn recommends contacting MITACS (mitacs.ca), which partners students with paid internships under their MITACS Accelerate Internship Program. "MITACS will put in 50 per cent and then the employer will put in 50 per cent," she says.

Many universities offer students paid research or teaching assistantships, "so they'll work in the classroom and receive a stipend for that," says Courtis. "Many students also take part-time jobs."

Occasionally, companies are willing to pay for their employees to earn an MBA, and many students will focus their final applied projects on their own companies, Girn says.

Finally, students should always apply for scholarships and bursaries. "Bursary money is awarded on the basis of need," Courtis says, "while scholarship money is awarded on the basis of academic credentials."

Both Courtis and Girn agree the benefits of earning an MBA are priceless. "I think the cost of the program should be viewed as an investment," Girn says. "All of our graduate business programs provide students with a solid foundation in business. They can take those skills with them anywhere they go."

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Schulich earns top spot
York University's Schulich School of Business earned the top spot of the 2009-2010 Beyond Grey Pinstripe rankings, which was released by The Aspen Institute. The poll is part of a biennial survey and alternative ranking of full-time MBA programs. METRO NEWS SERVICES

Engineer with MBA puts focus on democracy

RENE JOHNSTON/TORSTAR NEWS SERVICE
John Poulos, an electrical engineer with an MBA, displays Dominion Voting Systems' technology.

It's a cliché on the Left that democracy is big business, that this particularly complicated political system is ripe with opportunities for boundless profiteering.

For John Poulos, whose firm sells equipment that helps governments run technologically advanced elections, it's not quite that simple — the link between a cast vote and a quick buck not quite that seamless.

"It's a struggle," he says.

Customers are budget-conscious and hesitant to change, Poulos explains, often using technology bought 50 or more years ago.

Yet, in the past five years, his Toronto-based firm has posted a remarkable growth rate of 10,356 per cent. This is a rather grand way of saying Dominion Voting Systems Corp. grew from four men and an idea to about 95 employees and a customizable product — enough to earn Dominion Voting No. 2 spot on Deloitte's 2009 list of the 50 fastest-growing Canadian tech firms.

It does not trade publicly and, on election days, those who cast ballots may not think twice about the machine tabulating their votes.

But if you recently cast a municipal vote in Oakville, Pickering or Montreal, or a provincial vote in September's St. Paul's by-election — or were among the many in the state of New York who voted for senator Barack Obama for U.S. president — you may have used the handiwork of this relatively small Canadian company.

Those who remember Florida's "hanging chad" fiasco of 2000 and its stain on American democracy know just how important the technology behind elections really is. The pace of technological change among potential clients is practically glacial, but Dominion has thrived. It has few rivals but has run test trials in the U.K. and Colombia and is contributing voting technology to the Philippines' 2010 national election.

Poulos started Dominion Voting in 2002, after the disaster in Florida. Tens of thousands of incorrectly punched ballots were discounted, leading to accusations of fraud in the tight race between George W. Bush and Democrat Al Gore. "There was ... quite a bit of money spent a few years ago" on electronic voting machines, touted as more reliable, says Richard Niemi, a professor at the University of Rochester who researches voting machines and ballot design.

In New York state, Dominion's technology is replacing 50-year-old, 363-kilogram clunkers

Dominion's system mixes electronics and paper, combining an analog paper trail of each person's vote with the advantages of quick, digital tallying. Its optical scanning technology is widely respected but American clients, at least post-Florida, looked on Dominion's use of paper as quaint. "That was not seen as sexy," Poulos says.

What happened in a Sarasota County election in 2006 swung opinion the other way: an electronic undercount effectively denied 18,000 citizens their right to vote.

"That's a huge travesty of democracy," says Renan Levine, a political scientist at the University of Toronto, noting purely digital voting machines can be wiped clean.

"If you've got a crash in the middle of the day, what are you going to do? Call those people back to vote?"

It reminded everyone that a paper trail is a good backup.

"The general feeling now is that people want paper," Niemi says.

Vote-fixing is extremely difficult on Dominion's machines, Poulos adds, because tampered-with computer hard drives will not send votes to the central tally.

Most importantly under Dominion's current strategy, technological developments have ensured that those with disabilities can cast secure votes, without help.

Sitting in his sun-drenched office on Spadina Avenue, the electrical engineer with an MBA, turned entrepreneur, says, "We are profitable. People know where to find us."

He prefers to speak about democracy as it exists in the world. Mail votes in Oregon. Electronic voting in India and Brazil. Paper ballots counted by hand in Canada's national elections. Where electorates could tear down capitals if fraud is suspected, voting technology can act to legitimize sometimes shaky democracy.

"Perception is everything," Poulos adds. "People can just say, 'That machine is broken. I don't trust it.'"

He says his machines are open to multi-party scrutiny. That serves democracy.

Dominion's ballot-box scanning technology will be deployed across the Philippines. "They're trying to improve their accuracy and provide a level of transparency that our machines afford them," he explains.

"Maybe, in the second or third election," Manila will add Dominion's accessibility technology so all can cast a ballot independently. Maybe, indeed.

TORSTAR NEWS SERVICE

H1N1 strikes University of Guelph

University of Guelph president Alastair Summerlee confirmed last week that some students at the institution have been stricken with the H1N1 virus, although just how many have been affected is unknown. METRO NEWS SERVICES

Workology

Acadia cracks down on idling

Acadia University has introduced a policy banning vehicle idling on campus, with emergency and public transit vehicles excluded. The new rule is part of the university's Share the Air policy, an initiative of the school's joint occupational health and safety committee. Acadia also prohibits tobacco sales, smoking on campus, and the use of scented products. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

UVIC GOES SOCIAL Following on the heels of a research initiative to better understand its current and prospective students, the University of Victoria has created a new campaign for its 2010-11 undergraduate recruitment initiative — The Anything Project. The campaign is centred on the question, "If you could do anything, what would you do?" uVic produced a video featuring student, faculty, and staff responses to the question, and is now inviting the public to share their answers through a campaign-related microsite that launches today.

REDESIGN FOR ROYAL ROADS WEBSITE Nearly three months after launching a new website, Royal Roads University has seen a marked increase in traffic to the site. Since the Aug. 7 launch, traffic from Google is up 15 per cent compared to the same period the year before. Page views are up by 17 per cent, and requests for more information about the institution's programs have risen by 30 per cent.

LESS SUPPORT TO MANAGERS A recent study conducted by OI Partners, a global consortium of leadership development consultancies, found that in the wake of the recession, many companies in Canada are offering less support to newly promoted managers. The majority of employees moving into management positions to replace staff who were let go during recent cutbacks, are not getting the training and mentoring that they need to succeed. As a result, more than half of new managers did not live up to expectations of their employers this year.

AWARDS FOR MEMORIAL Memorial University has won the 2009 Award for Best Brochure and Catalogue for Novel Ideas: President's Report 2008 at the ICE (Innovation, Creativity, Enterprise) Awards last Wednesday. The annual report also received two Craft Awards: One for writing, the other for design. The ICE Awards are organized by a diverse group of Atlantic Canada advertising and marketing professionals. METRO NEWS SERVICES

New website connects students to students

RAFAEL BRUSILOW
for Metro Canada

Marketing to students effectively is a tough job but it's a challenge one Canadian agency is taking on by sticking to simple maxim — don't market to people unless you're ready to give them something useful.

Jonathan Tick, 32, is a managing partner at Campus Marketing Agency based in Toronto and says the best — and hardest — type of marketing to do is the kind that actually benefits the people you're marketing to.

"We take a very utility-driven approach to marketing — we don't market unless it benefits the student in some way. Our goal is to provide them with a resource they can use every day," Tick said.

The agency's newest venture is CampusIntel.com, a site geared around taking all of the various things students search for on the Internet — free goodies, campus and world news, blogs, travel deals and classified ads — and package them into a single place accessible with a single click.

The site incorporates a Metro news feed, free blogs and forums and a classifieds/book swap section unique in its rigour. Unlike other online swap sites that allow people to access listings and trade anonymously, CampusIntel's classifieds require a real university email address to access the site, ensuring that the people creating and responding to ads are bone-fide students. The feature also makes it far less likely that users will be preyed upon by muggers or thieves since correspondence is no longer anonymous.

"One of the things we're stressing (about the book swap) is that you need to have a registered email from a post-secondary institution to use it. It's a much safer marketplace than what you would find with a Craigslist or a Kijiji," Tick said.

Tick points at the many recent failed attempts at using Facebook as a marketing platform as an example that students aren't interested in having their online life interrupted by traditional, projected marketing that doesn't offer them any direct benefit.

"Social networks get a ton of traffic but it's not the kind of traffic that wants to be marketed to. We're really growing this thing organically so that it catches fire," Tick said.

The power of the student demographic of educated people aged 18-24 can be intense, as Tick says the age group is highly peer-oriented, very impressionable and develops life-long habits that can decide, for instance, which razor someone uses for the rest of their life.

"This is the time of your life when you're creating your spending habits, your buying habits and loyalty habits. It is a very critical demographic for brands," Tick said.

CampusIntel.com, the latest venture for Campus Marketing Agency, is like Craigslist, but it is not anonymous, it requires a student email in order to participate.

"Social networks get a ton of traffic but it's not the kind of traffic that wants to be marketed to. We're really growing this thing organically so that it catches fire."
Campus Marketing Agency Jonathan Tick

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New trades college opens in Nova Scotia
The Carpenters Union of Mainland Nova Scotia has opened a private college in Lower Sackville that will train more tradespeople for the construction industry in order to address a shortage of qualified workers. METRO NEWS SERVICES

Intense competition coming for seasonal workers this year

The outlook for seasonal hiring in the fourth quarter of 2009 is projected to be similar to 2008, according to a new CareerBuilder survey.

Eighteen per cent of hiring managers plan to hire seasonal workers to meet business needs associated with the holidays and end-of-the-year wrap-ups, on par with 17 per cent in 2008. At the same time, competition for holiday work is heating up.

In addition to unemployed workers pursuing seasonal employment, 12 per cent of employed workers plan to take on a seasonal job to help make ends meet.

Popular Seasonal Positions

Seasonal positions may prove to be the break job seekers are looking for as three-in-ten (31 per cent) hiring managers indicate they are likely to hire a seasonal worker for a full time position. The most popular positions identified for seasonal recruitment include customer service, retail sales, administrative/clerical, hospitality, shipping/delivery, inventory, technology and accounting/finance.

Seasonal Pay

While some hiring managers (12 per cent) say they plan to increase pay for seasonal workers, 15 per cent are planning a decrease. Forty-four per cent of hiring managers expect to pay $10 or more per hour and 12 per cent expect to pay $16 or more per hour. Thirty-four per cent of hiring managers plan to pay between $8 and $10 per hour and 20 percent expect to pay between $6 and $8.

"Competition for seasonal positions will be intense as the job market is flooded with qualified candidates vying for a smaller number of open positions," said Brent Rasmussen, President of CareerBuilder North America. "Employers tell us they are accepting the majority of their seasonal applications during October and November, meaning job seekers need to identify and apply for those opportunities now."

Some recommendations:

START APPLYING EARLY: Seventy-seven per cent of hiring managers do not plan to accept applications for seasonal workers beyond November.

DO YOUR HOMEWORK: Nearly a quarter (24 per cent) of hiring managers say that having no knowledge of the company or products deterred them from hiring a seasonal candidate in the past.

SHOW ENTHUSIASM: Almost half (48 per cent) of employers say they were turned off by a candidate who lacked enthusiasm during their interview.

DRESS THE PART: If you are interviewing for a job in a retail clothing store, it's a good idea to show up dressed in an outfit from that store.

BE FLEXIBLE REGARDING YOUR SCHEDULE: Forty-seven per cent of hiring managers said they were turned off candidates who refused to work certain hours.

METRO NEWS SERVICES

Seasonal workers will be in demand as much as they were last year.

Mississauga approves lease agreement for Sheridan campus
Last Thursday, the City of Mississauga approved a lease agreement for a new Sheridan College campus in the city centre. In the first phase of development, the campus will accommodate 1,760 students when it opens in fall 2011. METRO NEWS SERVICES

Vaccinations, illness factors for workplaces

Flu Outbreak

Businesses are working to keep pace with the fast-changing developments surrounding the H1N1 virus by crafting or fine-tuning their pandemic preparedness plans. Yet one tool that more than likely won't be in their arsenal will be the ability to distribute the vaccine independently through on-site workplace clinics.

The Public Health Agency of Canada says it's up to provincial and territorial public health officials to determine how the vaccine will be distributed.

Michael Geiger-Wolf, director, business continuity for Ceridian Canada, whose company provides employee assistance programs and support to human resources departments, said they've been advised by the government that the vaccine won't be made available through sponsored clinics by employers or third-party agencies.

In Ontario, workplaces have offered the seasonal flu shot for the last number of years, but with the H1N1 vaccine, it's a different approach, said David Jensen, spokesman for the province's Ministry of Health and Long-Term Care.

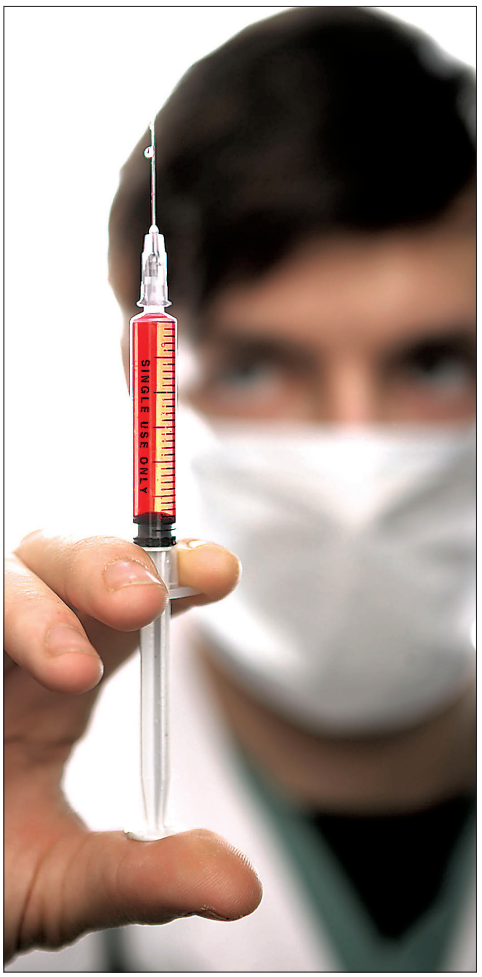
"What would happen with the seasonal flu program is the workplaces would be able to order the seasonal flu vaccine directly from the manufacturer. They're not able to do that with H1N1. It's going from the federal government and then on through the provinces," Jensen said.

There are specific requirements for storing, reconstituting and administering the vaccine, as well as a lot of data collection and adverse event reporting involved, he added.

While further discussions with local health units may yield some other strategy of a way to offer the vaccine in workplaces, Jensen said as of now it's "doubtful."

At a recent pandemic planning seminar held in Toronto organized by the International Centre for Infectious Diseases and the Canadian Chamber of Commerce, it was suggested employers consider giving workers a few hours off to get vaccinated, much like time allotted to vote in an election.

"I think most employers recognize that this is not something that comes along every day," said Ken Kobly, president and CEO of Alberta Chambers of Commerce. "I don't think they'd run into too much flak from their employer to stand in line and get a shot." THE CANADIAN PRESS



The H1N1 vaccine won't be made available through sponsored clinics by employers or third-party agencies, says Michael Geiger-Wolf, director, business continuity for Ceridian Canada.

Staying home still the best bet

- Michael Geiger-Wolf, director of business continuity for Ceridian Canada, said his company's advice to clients is that they're better off to lose an employee for a short period of time while they're caring for either themselves or others versus losing an entire department because they've come into work sick.

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Baléa at Shoppers
Shoppers Drug Mart has just introduced Baléa, a new range of value-priced products for hair, body and face with scent combinations such as vanilla-and-coconut and white-ginger-and-nectarine. METRO NEWS SERVICES

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Braids, pompadours and edgy eyes

Artful runway beauty looks don't need to wait for spring

The top catwalks in New York, London, Paris and Milan, Italy, give head-to-toe style cues for next season.

But while shoppers have to wait months for the spring-season futuristic floral prints and lingerie looks that debuted at these recently-wrapped Fashion Weeks, the beauty trends can move from runway to real world right away.

"It's like we're already there," says Gordon Espinet, MAC Cosmetics' vice-president of artistry, who noted riskier makeup looks than had been the norm. "Last season, I definitely think there was a safe plan in terms of how people showed fashion, beauty, hair — everything seemed like a classic look."

The kneejerk reaction to the down economy was to be very careful and commercial, Espinet says. This season, though, there was a more artful, edgy approach, leading to a new emphasis on dark eyes, glowing skin and the occasional accent of a bright colour.

KRISTIAN DOWLING/GETTY IMAGES

STEPHEN CHERNIN/THE ASSOCIATED PRESS

CHRIS JACKSON/GETTY IMAGES

From left, designer Gwen Stefani during L.A.M.B's spring 2010 show; an Alexander Wang model with a fishtail braid; and Agent Provocateur models with bold red lips.

DailyMakeover.com is a website that encourages beauty junkies to try the ripped-from-runway looks on their own uploaded photos. Users can do a virtual screen test of bold brows or orange lips and get a list of suggested products with a few clicks.

People seem most curious about the bold red lip and bob-style hair from Agent Provocateur, probably because it was the sexiest one available, reports beauty editor Rachel Hayes.

The next most popular look was the fishbone braid at Alexander Wang. "I think people want to envision what it'll look like first, before you go through all the effort."

Makeup and hair are very closely aligned to the clothes, says Chanel Make-up global creative director Peter Philips, who is charged with using cosmetics to define the overall vision of Karl Lagerfeld.

To complement Chanel's chic country-fair look, Philips went with what he called "a fresh, effortless makeup which enhances the natural beauty of women." And some temporary tattoos for fun.

There was a lot of creativity flowing backstage, says makeup artist Bobbi Brown, who found herself scrubbing off everything from dark, winged eyeliner to glitter face paint between shows so she'd have a fresh canvas to work with. So, sharpen your eye pencils, look for no-colour lipstick and try a braid in your hair — or maybe even a pompadour:

Wild eyes

As makeup moves away from being delicate and glamorous, there is an emphasis on just being cool, says Espinet. The easiest way to capture that vibe is with a dark eye.

"Luxurious, glamorous and rich have gone out the window. The words are 'edgy,' 'tough,' 'strong,' sometimes 'over the top,'" he says. "It's about women who are empowered."

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Alarming weight gains

Children on certain widely used psychiatric drugs can quickly gain an alarming amount of weight; many pack on nearly 20 pounds and become obese within just 11 weeks, a study published in the Journal of the American Medical Association found. THE ASSOCIATED PRESS

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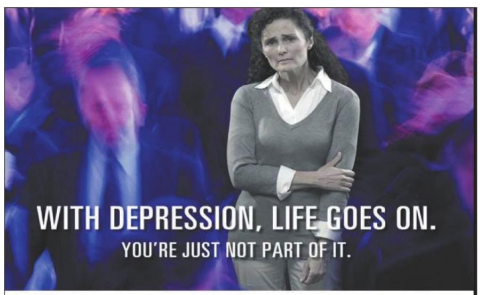

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The couple that cleans together

The J Spot
Josey Vogels
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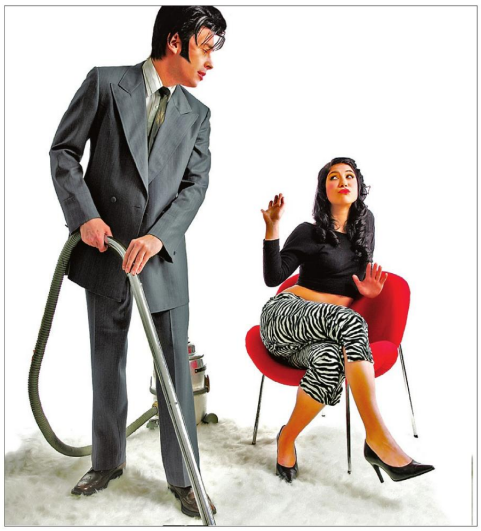

1ST LOOK/ISTOCKPHOTO.COM

Though a new study has found that husbands who do more housework get more sex, guys shouldn't conclude that doing the occasional bit of cleaning will score them a quickie.

According to a new study out of the U.S., the more housework a husband does, the more sex he gets.

But hold on, fella, before you jump up and start scrubbing the toilet — the study also showed that the relationship between cleaning and sex is more complex than that.

Most couples complain that trying to juggle work, family and keeping the dust bunnies from multiplying leaves little time for sex, but the study of almost 7,000 married couples revealed that those who work hardest also do the most housework and yes, have the most sex.

"Rather than compromise their sex life" because of time demands at work or at home, "this group of go-getters seems to make sex a priority," says Constance Gager, lead researcher and an assistant professor of family and child studies at Montclair State University, Montclair, N.J.

But it's not just about being overachievers. Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate.

"Many couples in the study said that sharing household duties made them feel more like a team working together to maintain their home, which in turn made them feel more intimate."

This study, published online in the Journal of Family Issues, isn't the first to make the connection between sharing household duties and marital bliss. Couples in one U.S. study out of the Pew Research Center placed "sharing household chores" as the third most important factor in a successful marriage, behind faithfulness and a happy sexual relationship.

Unfortunately, according to this study, women still spend an average 41.8 hours a week on housework, compared with 23.4 hours for husbands. And, I have yet to see a TV ad in which hubby's gobsmacked by the amazing scrubbing power of some new cleaning product unless it's got some kind of masculinity-preserving technology behind it.

It's not like we're still living in a 1950s sitcom — there are certainly plenty of guys who more than pull their domestic weight — but generally, women still do most of the housework. And many resent it. Despite what the study found, I've heard more than one woman joke that her idea of great foreplay is having her husband do the dishes or the laundry without having to be asked. Only thing is, they're probably not joking.

• How do you and your partner share the housework? Does it cause conflict in your marriage? Share your thoughts in the comments section at metronews.ca/thejspot.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Problem solved: Facial hangover

Q: "Can you recommend any products that are good for sprucing up my face when I'm hung over? I don't want to show that I've had a rough night in the office."

A: "Drink two glasses of water with fresh orange pulp. Next, gently apply a rejuvenating 3 Lab Perfect Mask," says New York-based dermatologist Dr. David Colbert, who counts Rachel Weisz, Naomi Campbell and Tina Fey as loyal clients. His book, The High School Reunion Diet, hits stores this January. "Or make your own by heating a fresh wet thin cotton washcloth briefly in the microwave, applying it to your face and then adding a layer of Neocutis Bio-restorative skin cream. No one will know you had three martinis the night before except your liver."

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Teens with risk factors for heart disease

More than one in five teenagers has at least one risk factor for heart disease such as obesity and high cholesterol, a jump from just six years earlier, suggests new research that followed the heart health of thousands of teenagers in Niagara for more than two decades. THE CANADIAN PRESS

A meeting of medical superstars

Gairdner Awards gathering provides a glimpse into the future

CELIA MILNE
for Metro Canada

What will medicine of the future look like? You'll know which diseases you're susceptible to. Cancer will no longer be defined by where in the body it strikes, but rather by its type.

Drugs will no longer be one-size-fits-all, but customized for your particular genetic makeup. Doctors will be able to grow stem cells from normal cells and use them to fix damaged hearts and spinal cords.

Toronto caught a glimpse of medicine's future last week when the world's top scientists came to celebrate the 50th anniversary of the Gairdner Awards. These awards are known as the Baby Nobels because so many recipients of the Canadian awards have gone on to win the Nobel Prize.

"It was the most prestigious gathering of scientists in Toronto in history," said Dr. John Dirks, President and Scientific Director of the Gairdner Foundation and a Professor Emeritus of Medicine at the University of Toronto. Besides the awards ceremony, there were also lectures, workshops and public forums. Symposia were also held in Vancouver, Edmonton, Ottawa, Sherbrooke, Halifax and Montreal.

RENE JOHNSON/TORSTAR NEWS SERVICE

Dr. Shinya Yamanaka is one of five 2009 Gairdner Awardees. The Japanese scientist is one of the biggest names in the world right now for his discovery of how to turn normal human skin cells into embryonic stem cells.

"This is actually looking ahead to the diseases you might develop: brain disease, kidney disease, heart disease. You can prepare for it... and modify your risk through lifestyle adjustments."
Dr. John Dirks, president and scientific director, Gairdner Foundation

One of the forum topics was the personalized genome and whether it's a good to plunge in. Do we want to know our genetic makeup? What do we do with this knowledge?

"This is actually looking ahead to the diseases you might develop: brain disease, kidney disease, heart disease," Dr. Dirks told Metro.

"You can prepare for it, stay alert to new developments and modify your risk through lifestyle adjustments. Is this the modern medicine of the future? It probably is."

Buying your personalized genome will soon cost about $5,000, he estimated, and will be widely available in the next five to 10 years. "What needs to be sorted out is: Is it money well spent?"

Dr. Shinya Yamanaka from Japan was one of seven scientists in Toronto accepting a 2009 Gairdner Award. He has helped change the course of medical history by creating new stem cells in his laboratory.

He took the skin cells of an 81-year-old man, injected them with substances which, over time, turned them back into embryonic stem cells. From there, the idea is these stem cells can regenerate into other kinds of cells and eventually replace diseased cells.

"If you can make these in profusion," said Dr. Dirks, "they will be therapy for the future."

Gathering the world's super-star scientists here raises Canada's profile in the world of medicine and inspires young Canadian scientists to take become researchers. Already, says Dr. Dirks.

"Canada has a very good reputation in medical research. We have many outstanding scientists here."

Want to fight off H1N1? Get exercising to boost your immune system

RESEARCH Swine flu hysteria is all around us. Want to boost your immune system so you have a better chance to fight infection? Try regular — but not too drastic — exercise. Believe it or not, studies have hinted that people who are physically active on a day-to-day basis suffer from fewer colds and flu, and less severe infections, than those who are inactive.

In a new animal study, researchers divided mice into two groups: those who regularly ran on a treadmill over a 3.5-month period, and those who didn't work out. When the mice were infected with the flu virus, the ones who exercised developed less-severe symptoms than the couch potato mice.

The mice who exercised regularly showed less inflammation in their lungs. While researchers aren't sure if the same effect occurs in humans, it does help explain earlier studies indicating exercise is protective against respiratory illness. Be sure to keep exercise moderate; other studies have found exhausting workouts can weaken the immune system.

Moderate exercise includes things like brisk walking and bike riding. Other benefits, of course, include reducing risk of heart disease, diabetes and obesity. The study, which was done in Iowa, was published in the Nov. 1 issue of the Journal of Infectious Diseases.

CELIA MILNE/FOR METRO CANADA

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Fighting hidden fat

A study in Alabama found that aerobic or resistance training helps stop visceral fat — which lurks under the abdominal muscle, and is more dangerous than subcutaneous or under-the-skin fat — from coming back after you diet. CELIA MILNE/FOR METRO CANADA

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Beauty picks: The Body Shop goes old school

Clockwise from left, Cucumber Cleansing Milk, Banana Conditioner, Fuzzy Peach Bath & Shower Gel and Ice Blue Shampoo, all $8.99 each, are part of The Body Shop Originals range.

From multi-coloured leggings to the ubiquity of Journey's Don't Stop Believing, it's apparent that there's been a definitive second or third wave of 1980s revivalism. While the jury's still out on shoulder pads, some actual good has come of this resuscitation; The Body Shop is re-introducing some previously discontinued favourites for a limited time. And frankly, we're more excited than a teenage girl spritzing Fuzzy Peach on her hair before the big dance. Among the best-selling products that will be making a comeback include their beloved Dewberry Body Lotion, Banana Shampoo and Conditioner, Fuzzy Peach Bath & Shower Gel, Carrot Moisture Cream and Ice Blue Shampoo. Also blessedly back from the dead: The Body Shop's amazing Cucumber Cleansing Milk (I am stocking up this time) and accompanying Cucumber Freshening Water. All Body Shop Originals products retail for $8.99 each, come in fun retro packaging and proudly feature Community Trade ingredients.

SOFI PAPAMARKO/ FOR METRO CANADA

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LOUIS LANZANO/THE ASSOCIATED PRESS

JACQUES BRINON/THE ASSOCIATED PRESS

Left, makeup is applied to a model before Nanette Lepore's spring 2010 collection. Right, a model at Karl Lagerfeld for Chanel.

Continued from page 33 »

Think Chrissie Hynde or Siouxsie and the Banshees — use black shadow, liner and a lot of mascara.

Nude lips

The beige lip that was so popular is an easy trend to adapt for everyday use, but it does indeed need adapting, says Brown. On the runway, models usually have foundation on their lips to give a very neutral, very matte look, but that could be cakey and washed out if not done right, she says. She suggests beige lipstick instead.

Sporty skin

You want to get that glow with your skin, without being too dewy or sparkly, says Espinet, neither of which match the season's muse: the tough girl showing her softer side. "I describe the skin as having the texture of a tan without obvious colour. ... She has the fresh, healthy Got Milk? kind of thing going on."

Punk princess

Neutrals aside, there were some moments of unexpected, in-your-face colour, too, including the use of purple, blue, green and orange lipsticks. "The theatrical trends are like the street theatre of the late '70s and '80s when people were inspired by punk — that's what it reminds me of," Espinet says.

Still, it's one bright effect on an otherwise plain face. "You want minimal product with maximum impact," Espinet advises.

Braids, bobs and bows

DailyMakeover's Hayes saw the '80s in the oversized hair bows. While they're probably too flashy for most women, a toned-down trend could be headbands with bows on them, she says.

"The great thing about Fashion Week is it throws a look out there in all its glory, and then you see how women tweak it to make it more wearable."

There was a clear indication that braids — already popular this past summer — will be worn well into next year.

The 1920s bob was on more than one catwalk and could be prime for a comeback, but the pompadour worn by Gwen Stefani and her L.A.M.B. models probably is not, Hayes says with a laugh.

THE ASSOCIATED PRESS

ADVERTISING FEATURE

Weighing in on Obesity with Dr. Patrick Yau

Dr. Patrick Yau
MD, FRCSC
General & Bariatric Surgeon
Slimband® Centre

Obesity has become a worldwide epidemic with an estimated 1 billion adults being considered overweight or obese. Canada's most recent health statistics mirror that of other developed nations with 25% of adults found to be obese. This has been defined by the World Health Organization (WHO) as anyone who has a body mass index (BMI) of 30 or above. It is affecting men, women and, more alarmingly, children and is a known risk factor for other medical conditions including heart attacks, high blood pressure and type 2 diabetes.

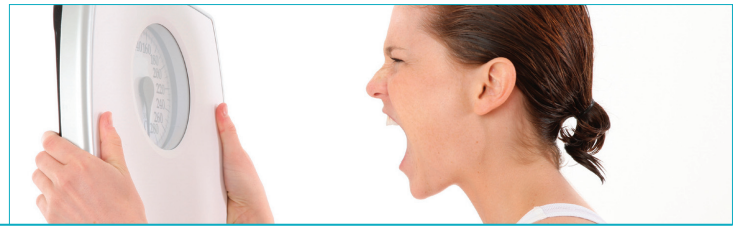
The basic cause for this problem is calorie intake being greater than output. We simply eat too much and do not burn off enough calories. Of course there is much more to this than a simple equation. Researchers have pointed to genetic factors, environmental toxins, and even bacterial or viral infections as potential causes of this epidemic.

While the continually re-invented fad diets are an option for weight loss, they help patients lose weight for a short time, but don't substantially change anything long-term. Scientific studies that have calculated the success-rate of such diets have repeatedly found less than a 5% chance of permanent success. Not only do diets not work; they can also prove to be dangerous, as many are so restrictive they create serious nutritional and vitamin deficiencies. Most lead to the phenomenon known as "Yo-Yo" dieting; where people lose some weight but end up gaining it all back and more afterwards.

Pharmaceutical companies have also joined in, with medications designed to decrease appetites or increase metabolism. Most studies have shown these too have very little benefits with short term results and the possibility of some serious side effects. The majority of medical professionals agree that obesity needs a long term solution.

Traditionally, surgery has been seen as a last resort although this perception is now changing with the increased long-term success rates being produced. Laparoscopic adjustable gastric banding is a minimally invasive 30 minute, same-day surgery where a band is placed around the top most part of the stomach. Unlike the more invasive gastric bypass surgery, this procedure is a safer option that does not alter the anatomy and creates a tailored restriction level. Because the risks for this procedure are minimal the exclusion criteria are also less. This operation makes patients feel full faster leading to long-term lifestyle changes and weight-loss success. With the proper follow-up program, studies have shown success rates of over 65 %.

Successful treatment of obesity is to address its many aspects. It requires a lifestyle change and a re-education of nutrition, physical activity and the emotional and psychological triggers that lead to harmful behaviors. With the added assistance and its support programs to achieve a proper balance of all of these factors, the problem of obesity can be permanently dealt with.



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Go Mama go!
Majesco Entertainment Company has released Cooking Mama 3: Shop & Chop for Nintendo DS to retailers nationwide. Cooking Mama 3 serves up a new shopping mode that lets players buy ingredients from the store to make 80 new recipes, from chili con carne to pumpkin gnocchi. METRO NEWS SERVICES

Food

A 3½-ounce serving of chicken has about 140 calories and 3 grams of fat, while the same amount of turkey breast has 120 calories and 1 gram of fat.
ROSE REISMAN

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Cheap but chic

Wine fans know that the quest for great "bang for your buck" bottles is more about fun than finances. In fact, I've always said spending $100 on a wine is easy — finding one that tastes like it does for next to nothing is the challenge.

Ground zero for tasty quality juice at rock bottom prices is Argentina. I was there this past spring so I can testify to that fact as an expert witness with the wines from Finca Flichman as perfect evidence.

I tried a variety of different styles with Chief Winemaker Luis Cabral de Almeida and his introductory wines offer terrific value — particularly the **2007 Misterio Malbec ($7.95 – $13.95),** which has the dark red fruit flavour and tongue-tingling pepper of a much more expensive malbec. Spain — the original Latin land of wine — also offers plenty of bargain vino with **Castillo de Monséran's 2008 Garnacha ($8.95 - $10.99),** a smooth, ready to drink red with soft black cherry and ripe, sweet berry fruit.

Personal Gourmet recipe of the month

ROSE REISMAN

Turkey with a twist

Turkey Scaloppini with Apricot and Dried Cherry Salsa

Most supermarkets now sell boneless turkey breast, which is leaner than chicken. If you can't find these thin cutlets, ask your grocer to slice boneless breast into scaloppini. Dusting it with flour keeps the turkey moist. The dried fruit salsa is a perfect accompaniment. Serve the scaloppini over mashed potatoes, with grilled vegetables alongside.

PREP TIME: 15 MINUTES
COOK TIME: 8 MINUTES
SERVES 4

Turkey Scaloppini with Apricot and Dried Cherry Salsa

INGREDIENTS:

- 4 turkey scaloppini (about 1 lb)
- ¼ cup all-purpose flour
- 2 tsp vegetable oil
- ¼ cup chopped dried apricots
- ¼ cup dried cranberries
- 1 cup diced red bell pepper
- ⅓ cup diced green onions, white part only
- 1 tsp crushed fresh garlic
- ¼ cup chopped cilantro or parsley
- 3 Tbsp apricot jam
- 1 Tbsp pure maple syrup
- 1 tsp Dijon mustard
- 2 tsp apple cider vinegar or freshly squeezed lemon juice
- 3 Tbsp chopped cilantro or parsley

METHOD:

1. Dust the turkey with flour. Spray a non-stick grill pan or skillet with cooking oil, add the vegetable oil and heat to medium. Sauté the turkey just until browned on both sides and no longer pink, about 8 minutes in total. Remove from the heat and keep covered.
2. To make the salsa, combine the apricots, cranberries, bell pepper, green onion, garlic, cilantro, jam, maple syrup, mustard and vinegar or lemon juice.
3. Spoon the salsa over the turkey and garnish with cilantro or parsley.

Read more on page 40 »

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

ADVERTISING FEATURE

As winter nears, hosts across the country are gearing up for a season of get-togethers with family and friends. This year however, hosts across the country face a new set of challenges.

We've all been sobered by the recent economic downturn, so instead of going to lavish dinners out, more Canadians are opting to stay at home and entertain. This is why you'll find more party planners searching for new ways to be an economical, gracious and welcoming host and still make an impression.

One answer could lie with your wine selection. If you'd really like to stand out, think of a sparkling wine.

Here in Canada, a glass of bubbly is often equated with celebrations and special occasions. In many parts of Europe and Australia, however, sparkling wines are widely seen as an "everyday" drinking wine, just like many other red or white varieties.

It's no surprise then that some of the best bubblies come from regions where they really know what sparkling wine is all about. Wineries such as Australia's **Jacob's Creek**, an award winning winery in South Australia, have introduced some wonderful, yet affordable options onto the market. In fact, Bernard Hickin, Chief Winemaker at **Jacob's Creek**, is particularly passionate about creating excellent sparkling varieties that are approachable and great for social occasions.

A great example of his work is **Jacob's Creek** Chardonnay Pinot Noir Sparkling, with generous citrus flavours and a creamy nutty yeast character that combines into a soft, crisp and clean finish. In Canada the bottle retails between $14 and $16.

The price makes this sparkling affordable — although it certainly tastes like an extravagance — and a great option for entertaining.

Sparkling wine is often served with appetizers because its acidity is refreshing between bites of rich foods (think shrimp, cream cheese canapés, nuts and smoked salmon). The same principle can apply to main courses, especially those with fish or creamy sauces. If you're going potluck, a sparkling wine is good to have on hand if you're unsure what your guests will bring.

If a movie night for friends is more your speed, pair popcorn and plain potato chips with a dry sparkling wine. It will be a wonderful surprise when they realize just how well the refreshing acidity cuts through the butter or oil in the snacks.

Whether serving appetizers or a full dinner, the key is to play with your wine and food pairings to discover what works best for your taste. The general rule of thumb is that you want to combine like with like (lighter foods with lighter wines, richer foods with fuller-bodied wines), but sometimes opposites can attract. The versatile **Jacob's Creek** Chardonnay Pinot Noir Sparkling is great for experimenting and is sure to have a wonderful wow factor.

Besides, what guest wouldn't feel special watching you pop the cork on a bottle of bubbly? It will certainly deliver the impression you're looking for without breaking the bank.

More suggested pairings for **Jacob's Creek** Chardonnay Pinot Noir Sparkling:

Excellent at brunch with egg dishes and croissants.

A good match for appetizers like mini quiches, phyllo bundles or puff pastry bites.

ADVERTISING FEATURE

SWEET SURRENDER

By Candace Mollins

Repeat after me, "I deserve to treat myself well." Specifically, this means that I want (and need) to lose weight and I want to be healthier and younger (okay, somewhat unrealistic on the latter). But, what I actually can do is pretty darn great, so I went for it. Last week I started a new health-conscious plan that includes more exercise (compared with, well, none), more sleep and a healthy, balanced diet. With emphasis on the food - I have to say it's magically delicious – and I don't mean the leprechaun cereal!

Personal Gourmet

Like many working people, I don't often have much energy at the end of a long day, and I don't feel like cooking (I'm also recipe dyslexic). So, I chose Rose Reisman's Personal Gourmet meal plan for four weeks. I've opted for three meals and two snacks a day – even on weekends. Freshly made daily, it arrives at my building's concierge desk each evening. Packed in an insulated bag, it keeps cool and fresh. I'm practically salivating by the time I unzip the bag to reveal the delectable contents. Have I mentioned that it's fantastic?

The most meal preparation I do is unpacking the bag, placing individually packaged meals in the fridge until I'm ready to heat them in the microwave. Phew, exhausting! Every morning I leave the empty bag with the concierge and it's replaced with a full one that evening. Ahh, cyclical routine – it's a beautiful thing.

The Meals – the fun part

I select each day's meals from among three breakfast choices, two lunches, three dinners and a couple of snack options. I appreciate that there's such a wide selection available, that choosing is sometimes tough (poor me). I use the website to select meals in advance. It's all very exciting… or maybe I just need better hobbies!

What's also cool about the food is that photos of the meals look the same in real life. And, c'mon, how often does that happen? Since I chose my meals a week in advance, I forget what's arriving each day, but I won't to spoil the surprise by checking. It's fun anticipating what's about to arrive… almost like having a baby. Okay, that's overstated, even for me. I really must get a hobby.

I always have a favourite meal… but then, hello, tomorrow comes and with it another favourite. Two evenings ago, I had a stir fry teriyaki beef with snow peas, broccoli, cashews and slivers of yellow pepper – served with favourful jasmine rice. The beef was so tender it almost chewed itself. Then last night, it was pizza, and it was delicious. Don't even get me started on breakfast (buttermilk pancakes, peach and ricotta cheese stuffed crepes) – someone stop me, please.

The Results

I'm enjoying the food so much, it's hard to believe that the entire day's worth, including snacks, totals only 1300 calories. Yes, seriously. In addition, I'm walking more and sleeping more. Yup, I'm feeling downright righteous. And, why not; because today, on my 7th day of "new me", I've lost 5.5 lbs.

This is the kick-start I needed to continue to motivate me. I'll probably be really obnoxious about next week's healthy lifestyle update. I wonder what meals will surprise me tomorrow…

Yes; it's been a great week.

Personal Gourmet recipe of the month — ROSE REISMAN

Rice gone wild

>> Continued from page 39

Wild Rice and Brown Rice Pilaf with Dried Fruit and Pecans

Wild Rice and Brown Rice Pilaf with Dried Fruit and Pecans

This is probably the best rice dish I've ever developed. Both types of rice can be cooked together and they blend well with the dried fruits. I serve it as a side salad to my meals or as a buffet item. Very little oil is needed because of all the flavours in the salad.

SERVES 8

INGREDIENTS:

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped toasted pecans
- 1/3 cup chopped green onions, whole onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped fresh cilantro or parsley

DRESSING:

- 1 Tbsp olive oil
- 1 Tbsp thawed orange juice concentrate
- 1 Tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced garlic

METHOD:

1. In a saucepan, combine both types of rice with the stock. Bring to a boil. Reduce heat to a simmer, cover and cook for 35 to 40 minutes or just until the rice is tender. Drain excess liquid. Place in a large bowl. Cool.

2. Stir the pecans, green onions, cranberries, apricots and cilantro into the cooled rice.

3. To make the dressing, in a small bowl, whisk together the olive oil, orange juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic. Pour over the salad and toss to coat.

All pleasure, no guilt

This pumpkin-cranberry spice cake is an indulgent but healthy treat that uses tricks easily applied to other recipes.

First, half of the all-purpose flour is replaced with white whole-wheat flour, which significantly increases the cake's whole-grain count. Second, canned pumpkin puree does double duty by providing a classic flavour and replacing all but 75 ml (1/3 cup) of the oil. This combination keeps the cake moist and tender while keeping down the fat.

Finally, the pumpkin cake is simply decorated with a dusting of powdered sugar. For a fancier finish, you can make a glaze by whisking together 30 ml (2 tbsp) orange juice, 2 ml (1/2 tsp) orange zest and 300 to 375 ml (1 1/4 to 1 1/2 cups) powdered sugar.

LARRY CROWE/THE CANADIAN PRESS

Pumpkin-Cranberry Spice Cake

Pumpkin-Cranberry Spice Cake

SERVES 16

INGREDIENTS:

- 300 ml (1 1/4 cups) all-purpose flour
- 250 ml (1 cup) white whole-wheat flour
- 15 ml (1 Tbsp) cinnamon
- 10 ml (2 tsp) ground ginger
- 5 ml (1 tsp) allspice
- 5 ml (1 tsp) nutmeg
- 10 ml (2 tsp) baking powder
- 10 ml (1 tsp) baking soda
- 5 ml (1 tsp) salt
- 375 ml (1 1/2 cups) sugar
- 75 ml (1/3 cup) canola oil
- 3 large eggs
- 10 ml (2 tsp) vanilla extract
- 1 can (426 ml/15 oz) pumpkin
- 10 ml (2 tsp) grated orange zest
- 30 ml (2 Tbsp) orange juice
- 30 ml (2 tbsp) water
- 250 ml (1 cup) dried cranberries
- Powdered sugar, for dusting

METHOD:

Heat oven to 180 C (350 F). Coat a large Bundt pan with cooking spray or brush with oil. Add a small amount of granulated sugar and turn the pan to coat the inside, discarding any excess.

In a medium bowl, stir together both flours, cinnamon, ginger, allspice, nutmeg, baking powder, baking soda and salt.

In a large bowl, combine sugar, oil, eggs and vanilla. Beat with an electric mixer on high until mixture is thick and pale, about 3 minutes. Add pumpkin, orange zest and juice, and water. Beat on low until smooth.

Sift dry ingredients on top of pumpkin mixture and stir just until combined. Stir in cranberries.

Using a rubber spatula, scrape batter into prepared pan, smoothing top. Bake for 40 to 50 minutes or until a skewer inserted at the centre comes out clean. Turn cake out onto a wire rack to cool completely.

Dust with powdered sugar before serving.

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Karolina Kurkova is the proud mother of a boy

Supermodel and G.I. Joe actress Karolina Kurkova, 25, and film producer of Voices of Iraq, Archie Drury, welcomed a son Thursday in New York, her rep confirms to PEOPLE. "Both mother and baby are happy and healthy." PEOPLE.COM

Entertainment

Baby for Mel

Mel Gibson is officially a father again. Radar Online reports that the actor's girlfriend, Oksana Grigorieva, has given birth to the couple's first child, a girl. The baby wasn't due until December. METRO NEWS SERVICE

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

The Taking of Pelham 123

Director: Tony Scott

AGAINST ALL ODDS and better advice, Tony Scott directs Denzel Washington and John Travolta in a remake of the kidnap classic. And he improves on it.

Pelham '09 finds its groove in the here and now, just as the original Pelham did in 1974, with more complications and fewer laughs.

The taut script by Brian Helgeland realistically adds fears of terrorism to the mix and shades characters so that both Washington's good guy Garber and Travolta's bad guy Ryder have intriguing back stories, plausibly connecting them as kindred spirits in desperation. The updated screenplay still finds time, as in the original, to explain the title's "123" reference, which is the 1:23 p.m. hour the downtown train begins its journey beneath Manhattan.

G.I. Joe: The Rise of Cobra

Director: Stephen Sommers

IF NOTHING ELSE, this exercise in ballistic bathos sets to rest the theory about chimps with typewriters being able to produce Shakespeare if given enough time and bananas. They couldn't do the Bard, but they evidently penned G.I. Joe.

Neither the clumsy good guys led by Dennis Quaid — "the Joes" — nor the clownish bad guys adorned by Sienna Miller seem to have a clue as to what they're doing, apart from blowing up as many objects and people as possible. The direction is credited to genre hack Stephen Sommers (The Mummy), but the citation seems unwarranted. This is little more than an endless series of computer-rendered explosions, collisions and incisions, with no discernable effort expended on directing or acting.

Peter Howell/for Metro Canada

New musical detour

Home Routes helps fans stage concerts in their living rooms

GEORGIE BINKS
for Metro Toronto

When Ron Myhr invites his buddies to his Pickering, Ont., home for a night of folk music, they can always count on first rate entertainment.

Performers like Juno award-winner Cara Luft or Canadian Folk Music Awards' contemporary vocalist of the year Tannis Slimmon are just two musicians who have wowed Myhr's home audience over the past few years. (The lineup of musicians also includes veterans like Valdy and David Bradstreet.)

It's not that Myhr has the inside track on Canadian musical talent — or maybe he does. The concerts at Myhr's house are arranged by Home Routes, the brainstorm of Winnipeg musical promoter Mitch Podolak.

Designed to bring folk music to the people, they've taken off in the Western provinces faster than a prairie grass fire and they're spreading eastward just as quickly.

Tim Osmond, Home Routes operation manager explains, "Usually when folk artists tour venues are very far apart. As well, there are only so many venues." Home Routes has 10 different circuits across the country with names like Cherry Bomb circuit in B.C. and the Estelle Klein circuit in Ontario. Each circuit has about seven host homes with a one- to three-hour drive distance between them.

"With file swapping on the Internet and record companies collapsing, it's all about live music. For the artists it's fantastic. We can get our music out to the people in a nice, intimate setting." Jay Aymer

All that prospective hosts need is a room that will fit at least 30 people as well as a place to put up the musician for the night and provide dinner and breakfast.

Musicians like Jay Aymar love it. "We can talk to the audience — kids can get up and sing and dance. There aren't distractions either — like a bartender powering up the blender for margaritas."

That's right — no ticket processing fees or lengthy drives to an impersonal venue. There are also no roadies or sound checks. Musicians might bring an amplifier and their guitar but that's it. Myhr's neighbours simply slap down their $15 and get ready to enjoy. Musicians usually play two 45-minute sessions and then sell their CDs after. Osmond estimates the annual salary of a folk musician is $10,000 and he says these concerts often account for half a year's salary.

Aymar believes these are the future of music. "Music is coming back to the people. With file swapping on the Internet and record companies collapsing, it's all about live music. For the artists it's fantastic. We can get our music out to the people in a nice, intimate setting."

Juno-winner Cara Luft is just one of the musicians who has performed in people's homes as part of the Home Routes initiative

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Wedding bells not ringing yet for Osbourne
Kelly Osbourne says she's holding off on marrying her fiancé, 19-year-old model Luke Worrall — but that doesn't mean the wedding's off. "I don't feel the need to do it right away," she tells OK! Magazine. METRO WORLD NEWS

GERALD HERBERT/THE ASSOCIATED PRESS

After seeing a rough cut of By the People: The Election of Barack Obama, the U.S. President admitted that he was reduced to tears watching a scene that shows the emotional reactions of his staff to his election.

Documenting change

Pivotal presidential campaigns are frequently defined in retrospect by documentaries.

The War Room chronicled Bill Clinton's political operation in 1992, adding a phrase to the political lexicon in the process. Alexandra Pelosi's Journeys With George captured the oddities of a national campaign on board George W. Bush's airplane in 2000.

The makers of By the People: The Election of Barack Obama, wouldn't mind the same status.

"That was our hope — that we would create something for history," said filmmaker Alicia Sams, who made the documentary with colleague Amy Rice and a key assist from actor Edward Norton.

By The People premieres today on HBO

Rice was inspired by Obama's speech to the Democratic National Convention in 2004 and wanted to do a film about him as an up-and-coming political leader. Her friend Sams signed on, but they couldn't get their phone calls to Obama's office returned until Norton called on their behalf. He's still involved as a producer.

They got lucky. They wound up with a far more important story than they had dreamed about.

The film has already had an impact. Obama saw a rough cut of it and sent back word that he cried upon seeing the emotional reactions of his staff members to his election as U.S. President.

THE ASSOCIATED PRESS

Leno says he would have rather stayed put in old slot

NOT SO LATE SHOW Primetime newcomer Jay Leno says he would have rather stayed put at The Tonight Show — and if NBC offered him that job again, he'd take it.

In an interview with Broadcasting&Cable magazine published online yesterday, Leno hastily added that such a decision isn't his to make.

Conan O'Brien, his successor as Tonight host after 17 years, is "doing fine," Leno said.

"Conan is in the same position I was in when I took over. It takes a while. Some will like it; some will leave forever and not come back."

Leno said he doesn't think the recent controversy surrounding his former late-night rival David Letterman "will have a big effect at all."

Referring to Letterman's acknowledged sexual affairs with female members of his staff, Leno said, "If it were me, it would kill me. I'm the guy who's been married 29 years. But Dave has never pretended to be Mr. Moral America, he's never set himself up that way. He's not a hypocrite."

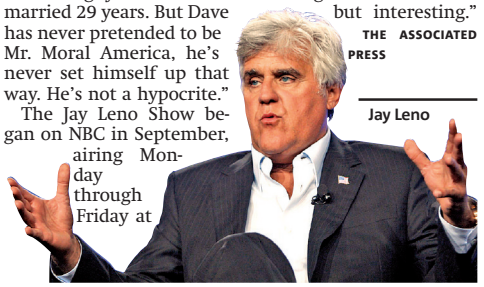
The Jay Leno Show began on NBC in September, airing Monday through Friday at 10 p.m. Eastern, where it has displaced several prime-time scripted dramas. For that, and for his less-than-stellar ratings thus far, Leno has taken heat within the TV industry as well as from critics.

"I'm not having a bad time at 10 o'clock now. I look at this as a job, and now I'm faced with a challenge, and it's a challenge I find difficult but interesting."
Jay Leno

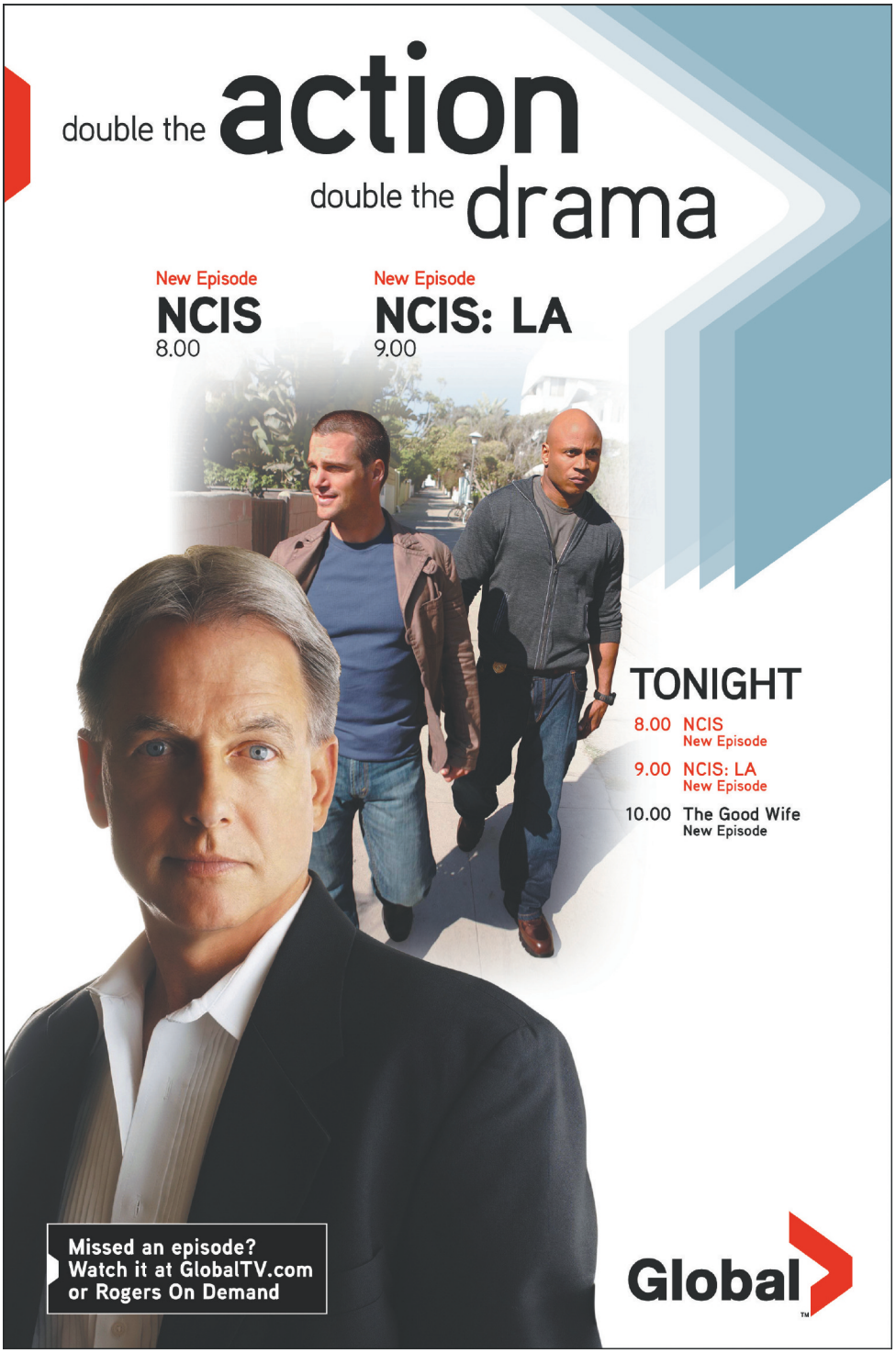
It's just part of the battle, said Leno, who insisted he enjoys it.

"I get a certain amount of satisfaction from pounding my head against the wall," he said. "I'm not having a bad time at 10 o'clock now. I look at this as a job, and now I'm faced with a challenge, and it's a challenge I find difficult but interesting."

THE ASSOCIATED PRESS



Jay Leno



Mix of Six

Benefit

The Carlu, 444 Yonge St.

Art With Heart, an annual art auction in support of Casey House, takes place at the Carlu at 5:30 p.m. $125. artwithheart.ca.

Festival

Through Sunday, various venues

The International Diaspora Film Festival features works made by filmmakers living outside their country of origins. diasporafilmfest.com.

Films

Through Sunday, the Spanish Centre and Bloor Cinema

The Toronto Hispano-American Film Festival, featuring a selection on Spanish-language films, takes place through Sunday. thaff.com.

Books

Indigo, 55 Bloor St. W.

Mary Jo Eustace is signing copies of Divorce Sucks: What To Do When Irreconcilable Differences, Lawyers Fees and Your Ex's Hollywood Wife Makes You Miserable, at 7 pm.

Hockey

Air Canada Centre

The Maple Leafs take on the Tampa Bay Lightning at 7:30 p.m. mapleleafs.nhl.com.

Theatre

Through Sunday, Toronto Centre for the Arts, 5040 Yonge St.

Ruthless: The Musical by Joal Paley and Marvin Laird, runs through Sunday. $27-$30. encoreshows.com.

Entertainment in brief

RI-RI The first interview by Rihanna about Chris Brown's assault on her is airing this week on ABC. The network says the pop star's one-on-one with Diane Sawyer will air Thursday on Good Morning America and Friday evening on the news magazine 20/20. Rihanna's ABC interview coincides with the debut of her new single, Russian Roulette, from her upcoming album, Rated R. It's her first CD since 2007's multi-platinum Good Girl Gone Bad.

BRANGELINA REVEALED A tell-all author who chronicled Michael Jackson's last days has set his sights on celebrity power couple Brad Pitt and Angelina Jolie in a new book out just in time for Christmas. Transit Publishing, which is releasing Brangelina on Dec. 1, says author Ian Halperin went undercover at "great personal risk" to tell the behind-the-scenes story of Pitt and Jolie.

THE ASSOCIATED PRESS

Another honour for Dance champ

KEY Tara-Jean Popowich, the winner of So You Think You Can Dance Canada, has received the key to her hometown.

Robert Tarleck, the mayor of Lethbridge, Alta., also presented Popowich with a piece of Ammolite, the city's official gemstone. Last week, the dancer nabbed the $100,000 top prize on the CTV dance contest. THE CANADIAN PRESS

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For Whitney Houston, the greatest love of all may be a great deal on a piece of New Jersey real estate. The singer is putting up her $5.6 million US home up for sale for a steal of a price – less than half of its assessed value. **PEOPLE.COM**

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PLANET MAURIE PHOTOS

To celebrate his residency on 999 Virgin Radio Toronto, super-star AKON appeared at The Courthouse in Toronto Saturday night to discuss his brand-new weekly radio show, heard Saturday evenings at 11:59pm. Akon's HITLAB will feature 99 minutes of non-stop, commercial free hits. It will also feature exclusive music from Hitlab.com, a new, interactive way for fans to discover new music and a resource for upcoming artists to promote their tracks. Akon also hit the stage with an amazing exclusive performance for the party goers, and pulp fiction star Ving Rhames was there to support his friend. For more info visit virginradio.ca

Virgin RADIO 99.9FM

MTV joins Berlin party

This time it's Berlin calling.

The MTV European Music Awards (EMAs) are coming to the German capital with an international cast, featuring performances by U2, the Foo Fighters, Shakira and Leona Lewis.

Berlin is the only city to host the awards show twice, in 1994 and on Thursday — a decision MTV said it made to celebrate the 20th anniversary of the fall of the Berlin Wall on Monday, Nov. 9.

"This year's EMAs is unique in having the theme of unity in addition to what we normally do — celebrating and playing the music," MTV International's CEO Bill Roedy told The Associated Press in an interview.

Legendary Irish band U2 will play a short set in front of the Brandenburg Gate before the awards show is held at the O2 World stadium. Tickets to U2's performance were given away free online and were snapped up within hours.

The 2009 MTV European Music Awards streams live Thursday on mtvema.ca at 3 p.m. and airs on MuchMusic at 7 p.m.

U2's concert is not only a historical nod to the significance to the Brandenburg Gate — which lies on the line that formerly divided East and West Berlin — but also a reflection of the band's history. Their seventh album, Achtung Baby was recorded in Berlin in 1990 and their single One was inspired by the fall of the wall and written on the eve of German reunification.

The EMAs feature 13 award categories with nominees from Europe, North and South America. Traditionally, many awards go to American artists who are also popular in Europe.

Last year's EMAs were held in Liverpool, with Americans Britney Spears, Kanye West and Pink all taking home awards. There is also a Best European Band that went last year to Turkey's Emre Adym.

Music from the Western world was embraced by youth in East Germany before and after the fall of the wall.

"Everything that looked like a lively and vivacious culture was loved by East German youth because they felt a great yearning," Frithjof Hager, a sociologist at the Free University in Berlin, told the AP.

THE ASSOCIATED PRESS

GETTY IMAGES PHOTOS

U2, featuring Bono, and Shakira will be among the performers at Thursday's MTV European Music Awards in Berlin, which is commemorating the 20th anniversary of the fall of the Berlin Wall.

Notable nominees

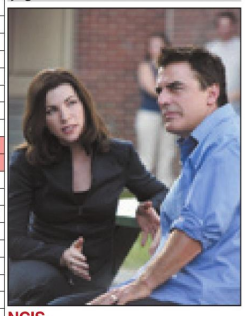
- This year's nominees include newcomers like pop-act Lady Gaga and the English electro-pop duo La Roux, along with established acts like Green Day, Shakira and Jay-Z. Vying for Best European Act are Finnish rock group Deep Insight and Italy's Lost.

ro	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/3/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (N)		The Cosmos	The Cosmos	Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV) (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	V "Pilot" (N)		Dancing With the Stars		Law & Order: SVU		CTV News
	218	345	11	CHCH	*Touch of Evil* ★★★★ (1958, Crime Drama) Charlton Heston.				*Cadillac Man* ★★ (1990, Comedy) Robin Williams.				News at 11 (N)
	137	763	13	TFO	Panorama		Un monde de passions		*La Frontière de l'aube* ★ (2008, Drame) Louis Garrel.				Destination
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Solo Flight
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS (HDTV) (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	V "Pilot" (N)		Dancing With the Stars		(10:01) the forgotten		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				Wife Swap		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	So You Think You Can Dance (HDTV) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (N) (DVS)		Frontline (DVS)		Age of Terror		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "Gower"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		The NEW Age of Wal-Mart		Executive Vision		Scam: Bernie Madoff's Crime		Mad Money
sports	405	417	22	net	Hockeycentral	NHL Hockey Tampa Bay Lightning at Toronto Maple Leafs. (HDTV) (Live)					Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey Boston Bruins at Detroit Red Wings. (HDTV) (Live)					SportsCentre	NHL Hockey: Rangers at Canucks		
	411	457	58	OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time
family	551	542	25	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		Younger
	570	580	29	MM	One Tree Hill		Love Court	Video on Trial	Starmaker		MuchNews	My Date With...	One Tree Hill
	615	520	31	A&E	Criminal Minds "Identity"		The First 48		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*Storm Cell* (2008, Drama) Mimi Rogers.				Bones (HDTV)		NCIS
	620	523	40	BVO	Road to Baleya		Live at the Rehearsal Hall		Straight Shooter: The Mamas & the Papas			McLauchlan	Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Air Force One* ★★★ (1997, Suspense)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		The Game	The Game	The Game	The Game	Monica: Still	Monica: Still	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "Baby Fever"		Medium "Bite Me" (N)		Star Trek
	581	566	52	MTV	Peak Season	After	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Cold Case "Gleen"		Missing "Delusional"		The Closer		Cold Case "Gleen"		Psychic Inv.
	300	601	301	M1	*Into the Wild*	*Ring of Deceit* (2009, Suspense)			*The Dark Knight* ★★★★ (2008, Action) Christian Bale, Heath Ledger.				
	305	612	306	PIX	(7:15) *Boulevard* ★ (1994, Suspense), Joel Bissonette				*Breaking Away* (1979, Comedy-Drama)			(10:45) *The Cusp* ★★	

critics'corner

The Good Wife

She's only after him for his body ... of knowledge. Alicia is working with Will on the appeal of a death-row inmate who was convicted on Peter's watch. To get some needed information on the case, she agrees to a conjugal visit with her imprisoned hubby in the new episode "Conjugal." 10 PM on GTV CBS



NCIS

In this new episode, the bodies of two mercenaries are found on Gibbs' boat. As he and the team investigate, they're dragged into a family matter involving his old mentor, Mike Franks, that could have international ramifications in "Outlaws and In-Laws." 8 PM on GTV CBS

V

In this reimagining of a hit 1980s miniseries, life on Earth undergoes a seismic kick in the pants when a bunch of extraterrestrials led by the beautiful Anna captivates most of the population, but FBI counterterrorism agent Erica Evans quickly comes to suspect the aliens have a far more sinister agenda. 8 PM on CTV ABC

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Lambert and LaBry are over
Adam Lambert and Drake LaBry are over. A source confirms to usmagazine.com that the American Idol runner-up, 27, and the interior designer, 24, have ended their relationship. METRO NEWS SERVICES

Celebrity Buzz

Jessica slams Melrose after sister's firing

BAD MOUTHING Looking to defend her recently fired little sister Ashlee, Jessica Simpson unleashed the fury on Melrose Place, calling her sister's ex-show "crap" on Twitter, popeater.com reports.

Jessica — who just two days before Ashlee's firing wrote "Everyone watch my sis on melrose place tonight" — now rips into the show following Ashlee's dismissal. "CW catching up on MP. who writes this crap? i have had bad scripts to work with, but this? thank God my sister is amazing and got you some press," Jessica Tweeted.

Ashlee was fired along with Melrose' co-star Colin Egglesfield last month. Show producer Todd Slavin told EW's Michael Ausiello that "the tone of the show was going to shift into a much more fun, romantic, sexy upbeat kind of show," and that Simpson's character didn't fit into those plans anymore.

Us Weekly, citing a set insider, claims that The CW "hired her (Ashlee) because they needed a good name to help create buzz."

METRO NEWS SERVICES

Lohan insults dad

BAD PARENTING? Lindsay Lohan has taken to Twitter to slam her dad Michael, following reports that he is seeking conservatorship over her, and that he's offered an entertainment TV show tape-recorded conversations between himself and his ex-wife, Dina, in which they discuss their daughter's well-being, people.com reports.

"My father is a lunatic & doesn't even deserve such a title since he's never been around in my life other than when he'd threaten me & my family," Tweeted Lindsay, who just finished shooting the thriller Machete opposite Robert DeNiro.

"He should be where he has always put himself after verbally abusing and physically abusing people all my life-behind bars."

Lindsay, 23, also wrote that her sister Ali, 15, is also concerned about their father's behaviour. "It's so sad to get a phone call from my baby sister just now asking, 'Why is daddy doing this?' Through tears. He's crossed the lines & hurt me & my family 4 the last time."

Dina Lohan also isn't thrilled with the way her ex-husband has been shooting his mouth off to any TV host that will listen about how he thinks their daughter Lindsay Lohan needs an intervention.

"He is hurting Lindsay. It breaks my heart. She's like, 'Mommy, when is he ever going to stop?'" Dina tells Page Six.

METRO WORLD NEWS

Celebrity tweets

Perez Hilton has a new-found respect for women after dressing up for Halloween, John McCain is the best source for football scores and analysis and Ellen DeGeneres had a bit too much fun it seems.

• @PerezHilton
My feet are sooo wrecked today! I don't know how women walk around for hours in super high heels that are also crazy tight and pointy! Ouch!

• @SenJohnMcCain
Cardinals lose at home to the Panthers — big setback, but there is always next Sunday.

• @TheEllenShow
Bobbing for apple-flavored vodka is a perfectly acceptable Halloween party game, right?

METRO NEWS SERVICES

Dating Perry has changed Brand

TURNING OVER NEW LEAF
Dating Katy Perry seems to be causing Russell Brand to turn over a new leaf. The rambunctious comedian tells Britain's Sunday Times that he's a changed man.

"Katy's lovely. I am living in a different way at the moment," he tells the newspaper. "Regardless of what happens in my current situation, I am unlikely to be satisfied with calamitous promiscuity of the preceding five or six years."

METRO WORLD NEWS

Law contemplates visiting new daughter

FATHER OF FOUR Jude Law is "torn" between his new daughter and his other three children, female-first.co.uk reports.

The 36-year-old actor is said to be keen to meet his five week old daughter, Sophia, with model Samantha Burke — the result of a brief relationship last Christmas — but wants to be sure his three other children are comfortable with the situation first.

Jude had originally said he wanted nothing further to do with Samantha, but vowed to support her and the baby financially.

A source said: "He felt it would be easiest to just pay Samantha and hope that she moved on and left him alone.

"But now he is feeling very torn. He is on the brink of going to see Sophia but first of all, he wants to make sure his older kids feel totally secure."

METRO NEWS SERVICES

Elton cancels concerts due to bacteria infection

HOSPITAL WATCH Elton John is seriously ill in hospital, femalefirst.co.uk reports. The legendary British singer has been forced to cancel a string of concerts after he was diagnosed with an E. coli bacterial infection and influenza.

Elton, 62, has been ill for two weeks, but his condition worsened and he was taken into an elite London hospital on Friday for tests. His partner, David Furnish, is understood to have spent Sunday at his bedside.

As he left the hospital he said of John's condition: "He's OK, he's fine." On doctor's advice the singer has, however, postponed U.S. dates in Seattle and Portland, which he was due to perform with Billy Joel over the next two weeks.

METRO NEWS SERVICES

Cage sues his business manager

FINANCIAL RUIN? Nicolas Cage knows who to blame for his recent problems with the IRS. The actor is suing his longtime business manager, Samuel J. Levin, claiming that Levin "lined his pockets with several million dollars in business management fees while sending Cage down a path toward financial ruin," according to People magazine. Levin began working with the actor in 2001.

METRO WORLD NEWS

*½ price means approximately half of the combined price of one regular adult admission, one regular-sized fountain soft drink and one regular-sized standard popcorn. Prices may vary by market or by Cineplex theatre. The ½ Price Movie Combo is subject to applicable taxes. For conditions and restrictions, please visit Cineplex.com. TELUS and the TELUS logo are trademarks of TELUS Corporation, used under licence. Cineplex Entertainment LP, used under license. © 2009 TELUS.

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Thursday Showers 40% 6°/ -2°

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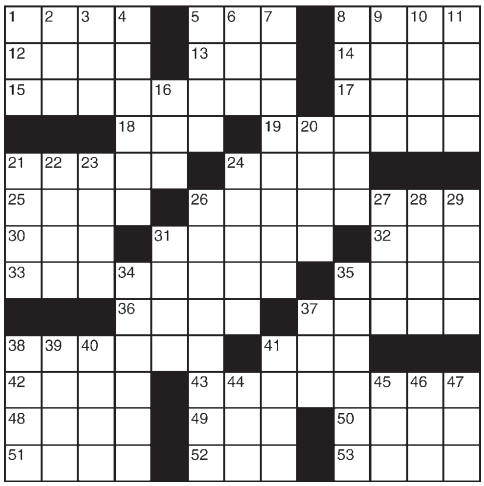

ACROSS

1 Vicinity
5 Singer Tillis
8 Chromosome carrier
12 Griffin of TV lore
13 Eggs
14 Enthusiastic
15 Nobody you know
17 TV journalist Lisa
18 Additionally
19 Ship's kitchen
21 Dieter's entree
24 Shakespeare villain
25 Port structure
26 Hard up for cash
30 Literary collection
31 Sinful habits
32 Prior to
33 Good poker hand
35 Decline
36 Sore
37 Hell's Angel, e.g.
38 Ghost
41 Marshy terrain
42 Fuss
43 Pertaining to summer theater
48 Soon, in verse
49 Historic period
50 Top-notch
51 Solidifies
52 Storm center
53 Apportion

DOWN

1 Early hrs.
2 On pension (Abbr.)
3 Mess up
4 Icon in an Internet forum
5 Walt Kelly's possum
6 "Hail!"
7 Thorn in Dennis the Menace's side
8 Fast run
9 Maleficence
10 Baseball team
11 Nervous
16 Affirmative action?
20 Turkish officials
21 Masseuses' workplaces
22 "— She Sweet?"
23 Nonsense poet Edward
24 Pruritic
26 Go touring, maybe
27 Pinnacle
28 Sea eagle
29 Antelope's playmate
31 End of a Caesar quote
34 — rod (medicinal plant)
35 Native American hut
37 Squeezing snake
38 Male 29-Down
39 Corn recipe
40 "American —"
41 Highland hillside
44 Attempt
45 Weeding tool
46 Pismire
47 Ball-bearing item?

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8	1				5	9		
2			4	3				8
					9	4		
		1		5				9
	2						7	
3				6		2		
		5	8					
7				4	3			1
		9	6				8	3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	9	5	4	6	8	7	1	2
8	6	1	7	2	9	3	5	4
4	2	7	1	3	5	9	8	6
9	5	2	8	4	7	6	3	1
7	3	4	6	9	1	5	2	8
1	8	6	3	5	2	4	9	7
2	4	3	9	8	6	1	7	5
5	1	9	2	7	4	8	6	3
6	7	8	5	1	3	2	4	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Lobster Newburg

INGREDIENTS:

3 cups (750 mL) cooked lobster meat, canned flaked lobster meat or imitation lobster chunks
3 tbsp (45 mL) butter
1/4 tsp (1 mL) paprika
3 cups (750 mL) whipping cream
1/2 tsp (2 mL) Worcestershire sauce
3 egg yolks, lightly beaten
1 tbsp (15 mL) sherry
1/4 tsp (1 mL) salt
1/3 cup (75 mL) crushed crackers (about 8 crackers)

METHOD:

1. In large skillet, sauté lobster in butter and paprika 3-4 minutes; set aside. In large pot, bring cream and Worcestershire sauce to gentle boil. Meanwhile, in bowl, combine egg yolks, sherry and salt. 2. Remove cream from heat; stir small amount into egg yolk mixture. Return all to pot, stirring constantly. Bring to gentle boil; cook and stir 5-7 minutes or until slightly thickened. Stir in lobster. 3. Divide lobster mixture between four 10-oz. (300 mL) baking dishes. Sprinkle with cracker crumbs. Broil 6 in. (15 cm) from heat 2-3 minutes or until golden brown.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Someone you work or do business with is not being as honest as you have a right to expect and that fact will become obvious today.

TAURUS ♉
APRIL 21-MAY 21
An individual whose point of view is radically different to your own will say something you feel you have to respond to.

GEMINI ♊
MAY 22-JUNE 21
Changing the habits of a lifetime is never easy but if you put your mind to it today you can change something about yourself.

CANCER ♋
JUNE 22-JULY 22
You are unlikely to see the obstacle that is in your path today, but a friend or relative will helpfully point out it's existence and location.

LEO ♌
JULY 23-AUG 23
You won't hesitate to tell others how things should be done today, but anyone who tries to tell you will soon wish they had kept their mouth shut.

VIRGO ♍
AUG 24-SEPT 22
You may find it hard to believe what someone tells you but don't reject it because there is more than a strand of truth in what they say.

LIBRA ♎
SEPT 23-OCT 23
Information will come your way that enables you to get the better of a rival and you must not hesitate to use it.

SCORPIO ♏
OCT 24-NOV 22
Important people will be either mightily impressed or mightily annoyed by what you have to say today.

SAGITTARIUS ♐
NOV 23-DEC 21
You may be behind in your workload but you will only catch up if you start the day at a slow and measured pace and think carefully.

CAPRICORN ♑
DEC 22-JAN 20
You may want to push ahead with a project that is close to your heart but some of your colleagues are having doubts and you must deal with them.

AQUARIUS ♒
JAN 21-FEB 18
Anyone who thinks you are not ambitious will have to think again today as you elbow your way to the head of the queue.

PISCES ♓
FEB 19-MARCH 20
If you ask the right questions today you will get answers that comfort you and clarify your present situation.

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This day in history

1793: French playwright, journalist and feminist Olympe de Gouges is guillotined.
1817: The Bank of Montreal, Canada's oldest chartered bank, opens in Montreal.
1911: Chevrolet officially enters the automobile market in competition with the Ford Model T.
1913: The United States introduces an income tax.
1918: Poland declares its independence from Russia.
1973: Mariner program: NASA launches the Mariner 10 toward Mercury. On March 29, 1974, it becomes the first space probe to reach that planet.

METRO NEWS SERVICES

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$0	$105
$1,000	$98
$3,000	$82

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CITY: 8.2L/100 km (34 mpg)◊

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SE model shown with Podium Edition Package††

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FREIGHT & TAXES NOT INCLUDED

DOWN	BI-WEEKLY
$0	$120
$1,000	$112
$3,000	$97

$4,350 CASH CREDIT
Including $1000 Holiday Bonus

HWY: 5.9L/100 km (48 mpg)
CITY: 8.7L/100 km (32 mpg)◊

AWD model shown††

2010 PONTIAC VIBE

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FREIGHT & TAXES NOT INCLUDED

DOWN	BI-WEEKLY
$0	$134
$1,000	$126
$3,000	$111

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CITY: 7.8L/100 km (36 mpg)◊

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PONTIAC BUICK GMC

For the latest information, visit us at pontiac.gm.ca, drop by your local Pontiac Buick GMC Dealer or call us at 1-800-GM-DRIVE. ♦$9,000 manufacturer to dealer delivery credit available on 2009 Chevrolet Silverado and GMC Sierra HD pickups (tax exclusive) for cash customers only. $2,975/$3,350/$1,500 for 2009 G3 Wave SE/2010 G5 SE/2010 Vibe reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ♦♦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, ExpressSavana, Corvette ZR1 and Medium Duty Trucks. ◊Offer applies to the cash purchase of 2009 Pontiac G3 Wave SE 1SN and 2010 Pontiac (G5 SE Coupe or Sedan R7C/Vibe FWD R7A). Freight ($1,325/$1,350/$1,350). license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate.‡Financing on approved GMAC credit only. 0% purchase financing for 36 months available on 2009/2010 Pontiac G3 Wave/G5. Example: $10,000 at 0% for 36 months. The monthly payment is $277.78. Cost of borrowing is $0, total obligation is $10,000. 5.99% purchase financing for 72 months available on 2009 Pontiac G3 Wave/2010 Pontiac G5 SE Coupe or Sedan R7C/2010 Pontiac Vibe AWD R7A. Example: $10,000 at 5.99% for 72 months, the monthly payment is $165.68. Cost of borrowing is $1,928.96, total obligation is $11,928.96. Down payment and/or trade may be required. Monthly payments may vary. Dealer may sell for less. Dealer order or trade may be required. Offers may change without notice and may not be available on all vehicles. Dealers may lease or finance for less. Freight and PDI may be extra. Dealers may charge a documentation fee. Taxes, registration, insurance and other fees are extra. Limited time offers may end without notice. See your GMC Dealer for complete details. †Based on 2009 Natural Resources Canada Fuel Consumption Guide. 2010 ratings based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Excludes other GM models.◊US government star ratings are part of the National Highway Traffic Safety Administration's New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2009 Pontiac G3 Wave received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ††Pontiac G5 SE Podium Edition, MSRP $19,925. Pontiac Vibe AWD, MSRP $22,430.¥OnStar® services require vehicle electrical system (including battery), wireless service and GPS satellite signals to be available and operating for features to function properly.Subscription Service Agreement required.Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ▽GMCL will pay the first two months' GMAC finance payments for finance terms up to 60 months only, paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student/graduate offer. Visit gmstudentbonus.ca for more details.†Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GCard Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Advance Program.®Registered trademark of General Motors Corporation.Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ¥Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only.‹excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. Customer must take retail delivery by 01/11/10. See dealer or gm.ca for additional details.

AIR CANADA VACATIONS

GREAT deals starting at $639

+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Nov. 15 – Dec. 13 • 1 wk.
$639
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Jamaica
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Oceanview rm.
Dec. 1–3, & 6–14 • 1 wk.
$749
+Taxes & other fees (including service charges): $274
Please add $50 for Sat. & Sun. departures

Puerto Vallarta
Dreams Puerto Vallarta Resort & Spa • 4 1/2★
All-Inclusive
Deluxe oceanview promo
Jan. 1–19 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees (including service charges): $273
Please add $50 for Sat. & Sun. departures

Santa Clara
Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
Nov. 14 – 28 • 1 wk.
$649
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Punta Cana
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Nov. 14 • 1 wk.
$859
+Taxes & other fees (including service charges): $306

Liberia, Costa Rica
Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
Jan. 2, 7, 9, 14, 16, 21 & 23 • 1 wk.
$1249
+Taxes & other fees (including service charges): $204
Departure tax: 26 USD cash, paid locally
Please add $50 for Sat. & Sun. departures

2 tickets* to Cirque du Soleil®
Disney's THE LION KING and more with MGM Mirage resorts in Vegas
Valid for bookings made by Nov. 16 for travel from Nov. 22, 2009 and completed by Feb. 4, 2010.

Las Vegas
Monte Carlo Resort & Casino • 4★
Hotel rm.
Jan. 10, 24 & 26 • 3 nts.
$399
+Taxes & other fees (including service charges): $151

MGM Grand Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
Jan. 10, 24 & 26 • 3 nts.
$439
+Taxes & other fees (including service charges): $151

DEAL to EUROPE
London
Hotel Ibis London Earls Court • 3★
Standard rm. special
Jan. 11–13 • 4 nts.
$597
+Taxes & other fees (including service charges): $406

DEAL on CRUISES
Royal Caribbean International[1]
Explorer of the Seas®
Eastern Caribbean Cruise
Flights to Newark
Interior stateroom, cat. L
Dec. 11 • 9 nts.
$1199
+Taxes & other fees (including service charges): $233

PRINCESS RESORTS

Punta Cana
Bavaró Princess All Suites Resort, Spa & Casino • 4 1/2★
All-Inclusive • Suite
Nov. 14 & 28 • 1 wk.
$1139
+Taxes & other fees (including service charges): $306

Cancun / Riviera Maya
Grand Riviera Princess All Suites Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Jan. 31 • 1 wk.
$1899
+Taxes & other fees (including service charges): $254

Bavaró Princess All Suites Resort, Spa & Casino

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 7,000 Aeroplan® Miles per member†

Princess HOTELS & RESORTS

Fly in style – Upgrade to Executive Class® service[2]

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 3 & 7/09, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ *Show dates and times are subject to availability. Show tickets must be requested by Nov. 16, 2009. Submit early for best selection of show dates and time. Nov. 30, Dec. 6, 7, 13, 14, 21, 25, 26, 27 & 28. Please note: Travel is possible on these dates but no show tickets will be available. Offer based on double occupancy. Limit 2 tickets per reservation. Some restrictions may apply. Visit aircanadavacations.com for more details. As to Disney artwork/properties: Phindile Mkhize as "Rafiki" in the opening number "The Circle of Life" from Disney's® THE LION KING National Tour. Photo credit: Joan Marcus. ®Disney. [1]Royal Caribbean International Ltd. ships' registry: The Bahamas. [2]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

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